Expanding Intuition

Guru Darshan Kaur Khalsa

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INTRODUCTION

In the yogic paradigm the development of intuition is considered a stable reliable function of the sixth chakra. In Kundalini Yoga, there are eight chakras. These eight chakras are a system by which we gain awareness and consciously take responsibility to participate in our own spiritual evolution. It is suggested that the first five chakras are balanced and elevated before beginning work on the sixth chakra level *1. Kundalini Yoga is a systematic map for attaining states of higher consciousness. Intuition is just one of these states.

Kundalini Yoga will give you an equivalent of an the owner's manual to your body. A car, when properly maintained, will travel the distance. You can rely on the car to go up the hills, and to break gently when you descend the valleys. It is hard to enjoy the view if you are constantly wondering if you have enough gas, or if the fuel is up to par and will work in your car's engine. Who would be willing to drive a dangerous mountain road if the breaks did not work? Most of us would not drive at night if the headlights didn't work. When the car is in good condition you can actually plan a trip and enjoy the new experiences that travel can provide us. But if you don't have a car, or your tires are flat, or you don't have any fuel, or lack money (energy), taking a journey is out of the question.

Yoga teaches you how to prepare the body, your vehicle of consciousness, for travel in the higher realms of awareness. You can actually access your spirit, including intuition, through the body by practicing Kundalini Yoga. Each of us was designed to experience the gifts of higher consciousness. It is our birth right. We each have the ability to use our centers of higher consciousness. The trip of life can be made with comfort and great expectation when the body, mind and spirit (the physical vehicle) has been properly trained, tuned up and prepared by Kundalini Yoga.

A car may seem to be a tremendous mystery to someone who has never used one. The whole concept of the key fitting into the ignition is seen as magical to a child. Most children will grab for those keys. They know that they unlock doors, to houses and car motors, but a child is not prepared to use the keys properly until they are educated in the way of cars. Kundalini Yoga prepares you and educates you in the way of consciousness by using asana, pranayam , mantra, and mudra. Intuition is not a mystery or a mysterious art, it is a natural Holistic way of operating in this world.

There are many other ways to access intuition. If you tried them and didn't have consistent results, don't despair. Take this opportunity to learn and practice Kundalini Yoga. Then go back and try those other intuition skills again. Invest some time in a Kundalini Yoga discipline first and see how those old skills kick in and deliver.

GUIDELINES

Before you decide to practice yoga be mindful of these simple but important guidelines:

- Practice in an area that is quite, clean and peaceful. The best time is early in the morning.
- Wear comfortable, natural fiber clothing. For the very best results wear white. A cotton head covering is recommended but not necessary. Do all yoga in bare feet, no shoes and no socks.
- Abstain from food for 2-3 hours before doing yoga. Drink plenty of liquids before, during and after.
- Before every yoga session slowly chant:

ONG NAMO GURU DEV NAMO

Three times.

Translated it means:

"Infinite Creative Consciousness within, I call on you."

- Chant in prayer pose with the palms pressed together thumbs against the sternum. Chant in a monotone except for DEV, which is a minor third higher than the tonic, and chanted like a two-syllable word.
- Concluding your session sing:

"May the long time Sun shine upon you,
All love surround you,
And the Pure Light within you,
Guide your way on."

This is done in the same position as the tune in chant.

- Breath of Fire should be replaced by slower deep breathing or normal breathing during a women's menstrual cycle.

CHAPTER

1

What is Intuition?

Intuition Defined

There are many definitions of intuition. Each definition is a reflection of the consciousness of those people who took the time to define it for that period of time, at that point in their life. As consciousness expands, intuition expands. The idea you have of intuition can change as you begin your self-directed study in this book and even in other books you have read or will read on this topic. This chapter includes many other different definitions.

Dictionary Definition:

As found in Webster's New Universal Unabridged Dictionary:

1.) A regarding, looking at, to consider to look on.

2.) The immediate knowing or learning of something without the conscious use of reasoning instantaneous apprehension. Something known or learned in this way.

3.) Instinct, apprehension, recognition insight.

INTUITION DEFINED (CONTINUED)

4.) Direct perception of truths independently of any reasoning process, pure untaught, non inferential knowledge.
5.) Absence of reason.
6.) Instinct , automatic reaction, association, light of nature, sixth sense, psi faculty, telepathy, insight, clairvoyance, direct apprehension, unmediated perception, a prior knowledge, divination dowsing, inspiration, presentiment, impulse, mere feeling.
7.) Rule of thumb, hunch, impression, sense guesswork, untutored intelligence, illogic.
8.) Instinctive, impulsive, non-discursive, involuntary, spontaneous, above reason, beyond independent unknown-know, by instinct, have a sixth sense,in the mind's eye-association of ideas.

The word intuition is derived from the Latin root *in*, meaning *in* as it does in English and *tueri*, which means look at. By looking inward, you can also look at some experience or issue and thereby see it from a different perspective. By reaching into your intuition, as an aspect of your unconscious mind, you can come up with new insights or methods. By listening to the inner voice of your intuition, you can hear new answers.

WESTERN PHYSIOLOGICAL

Western Physiological

Jung characterizes intuition as the function that explores the unknown and senses possibilities and implications which may not be readily apparent. Intuition perceives what is hidden and thus enables one to perceive obscure meanings in symbolic imagery or the subconscious motives in oneself and in others.
According to Jung's theory, there are four psychological functions: thinking, feeling sensing and intuition. While one of those functions is dominant at a time in each of us, the others operate simultaneously. Intuition, as Jung conceived it, is one of the basic functions of the psyche, namely the perception of the possibilities inherent in a situation. His four functions correspond to the predominant intellectual skills of the reptilian brain (sensing), Limbic system (feeling), Left Neo-Cortex (thinking), and Right Neo-Cortex (intuition).Jung considered intuition to be the quality that "sees around the corner."

The Penguin Dictionary of Psychology defines intuition as:
"A mode of understanding or knowing characterized as direct and immediate and occurring without conscious thought or judgment. There are two distinct connotations which often accompany this term: A- the process is unmediated and somehow mystical, B- that it is a response to subtle cues and relationships apprehended implicitly, unconsciously."

Some psychologists suggest that intuitive knowing is a subliminal perception, suggesting that intuition is simply being aware of things which had been perceived below the threshold of conscious perception. The broad range of intuitive human experiences falls into four distinct levels of awareness: physical, emotional, mental and spiritual. Mystical awareness is intuitive at the spiritual level. Physical awareness is associated with body sensations. Emotional awareness is associated with feelings. Mental deals with images or ideas.

Western Philosophy

WESTERN
PHILOSOPHICAL

Philosophers concerned with universal truth and epistemology have regarded intuition as a way of knowing in which the separation of subject and object is transcended. The knower becomes one with the known One suddenly knows from inside. In Western philosophy intuition has traditionally been associated with direct apprehension of absolute truth.

Aldous Huxley

Aldous Huxley
&
EASTERN PHILOSOPHY
RIG-VEDA

"Knowledge is a function of being. When there is a change in the being of the knower, there is a corresponding change in the nature and amount of knowledge." Huxley concluded that the nature and the quality of intuition vary with the knower's state of consciousness.

Eastern Philosophy

As summarized by Aldous Huxley

Rig-Veda (*The oldest portion of the sacred canon of Hinduism, one of the four hymnodies, regarded as revelation. Composed 1500-1000 B.C.*)

1) Knowledge is structured in consciousness.

2) We have knowledge just by virtue of the fact that we are conscious.

3) What we know and how well we know, varies not only from person to person but with changes in individual awareness. During the course of any day we experience fluctuations of awareness, and therefore our ability to perceive and know changes. The differences depend on a configuration of conditions that form our state of consciousness.

4) The form of knowing that intuition takes, the clarity of the experience, and the degree to which it reflects reality

Rig-Veda

(Continued)

changes as consciousness changes. The key variable is the knower's state of consciousness, and that is determined by the overall condition of the nervous system.

5) Intuition would be favored by a combination of low arousal and high alertness, a calm, wakeful, receptive state with relatively little extraneous mental noise to interfere with the input of the intuitive mind.

6) It can be postulated that EEG coherence-(a correlation between brain waves from separate regions of the brain)- is an important defining variable, in that there appears to be a relationship between coherence and the experience of transcendence, which is the epitome of silent alertness. Coherence has been associated with creativity, cognitive flexibility, and other performance measures that probably involve intuition. Evidence suggests that people who have transcendent experiences are likely to be intuitive in the usual sense of the word. In other words, a coherent nervous system would conduct information without resistance, both from the environment and within.

7) Intuition can be understood as the mind turning in on itself and apprehending the result of processes that have taken place outside awareness. A coherent nervous system might process material more appropriately, forming configurations that are in line with the desires and needs of the individual. A more orderly system would also draw the knower's attention to the right place within the mind at the right time, and it would also have access to broader base of information.

8) Picture the mind as an ocean. The ripples on the surface represent ordinary active awareness, turbulent and ever-changing. We experience this layer as a constant flow of thoughts and sensations, each with a distinct and unique character. Beneath that is a range of deeper levels, which would encompass all non-conscious process and structures. Underlying and permeating it all is absolute pure consciousness, the changeless, boundless, universal self. Within the mind, each progressively deeper layer more closely resembles pure consciousness; it would partake more of its qualities, just as objects closer to a fire become progressively hotter and brighter. Each deeper level would be more stable, more universal, less restricted by space and time, and closer to the truth, since pure consciousness is silent, all-pervading, beyond time and space. Each level

encompasses the levels above it, supporting, ordering, and directing them, just as in the physical realm, molecular structures are more inclusive than the material objects they comprise, atoms are more universal than molecules, and so forth. Hence at deeper levels the mind has more in common with other minds and is less individuated.

9) We can postulate that the quality of intuition is related to the degree of access our awareness has to deeper levels of the mind. Because that would depend on our state of consciousness, there would be a direct relationship between qualities of the nervous system, also known as coherence, and access to the depths of the mind where universal impulses of information can be tapped.

10) The ocean-like model can portray all of creation. On the surface, we are all the forms and objects of the familiar, tangible world. Underlying and pervading them, as we know from science, are increasingly universal and non-material levels of reality which encompass the more individuated manifestations, molecules, atoms etc., each more abstract and all pervasive. The basis of it all is undifferentiated being, the absolute, which is the source and substance of existence. Every form and every structure is a manifestation of the absolute, a perturbation in an infinite field directed by cosmic intelligence. And so is the mind. In Indian cosmology, there are still deeper, more subtle layers of reality, which we might call tendencies, or laws of nature, not laws in the scientific sense, derived by the human mind, but nature's eternal regulatory mechanisms. These tendencies, which are knowable to the developed intuition, might be thought of as a hierarchy of ordering principles that structure and guide the evolutionary flow of creation, organizing and ordering the cosmos.

In the East they link the seamless web of interrelated energy events that constitute reality to human consciousness. When a person transcends, he comes to know the Self, which is also the basis of all creation. It is also true that the same intelligence which flows through the material realm is flowing through us, the patterns and principles that govern the ebb and flow of the outside are also at work inside. The universe is made of consciousness. This adds another dimension and explains why mystics and yogis have been able to turn within themselves and come out knowing how the universe works. They simply perceived their own nature, which is also nature's nature.

PATANJALI'S YOGA SUTRAS

Patanjali's Yoga Sutras
As summarized by Aldous Huxley

In Patanjali's Yoga Sutras, he spells out how knowledge of the outer world can be obtained by turning within. This explanation relates to an earlier assertion, that transcendence opens other intuitive channels. What is interesting is that the prerequisite for these powers is said to be *Samyama*, a complex term that boils down to the ability of the mind to remain absorbed in the transcendent and also think. This seems to be a contradiction, since transcendence is perfect, non-localized unity, consciousness without thought. It is said that an expanded mind can linger at the level where the changeless absolute meets the transient relative. It is as if the mind has one foot on either side and can operate willfully without losing the universality of awareness associated with pure consciousness. This state of awareness is called *Ritam bhara pragya*, which means 'full of unalloyed truth.'

To put it another way, this would be a case of the submarine of attention gaining the ability to station itself at the very deepest level of the mind. Theoretically, with attention so situated, the mind can know anything because it commands the entire territory. At that level there would be no restrictions of time or space. Consciousness in its pure state is said to be infinitely correlated with everything in creations. Polarities dissolve, enabling the knower to comprehend the unity that underlies the apparent diversity and this might also elicit fruitful analogies that contribute to intuitive insight. Intuitions from that level would be experienced with great clarity, since the nervous system would be at maximum coherence. There would be no "static" to interfere with the apprehension of the impulse which would be perceived in its purest, least adulterated state.

In theory, a person whose awareness is situated at the junction of the unmanifest and manifest would be operating in harmony with cosmic law. One might be able to intuit directly nature's eternal organizing principles. More important, an intuitive mind would be guided and directed by those principles, whether consciously aware of them or not. In a high state of consciousness, actions are said to be spontaneously right. The intuitive impulses that inform

PATANJALI'S YOGA SUTRAS

(Continued)

and guide the enlightened mind would be appropriate for both the individual and the environment, since the mind would be resonating with the deepest impulses of nature. We would know what nature intends us to know. In religious terms this has been called 'living in accord with divine will.' Regardless of spiritual orientation, those happy people who seem to do everything right, those who avoid the danger that has not yet come, are probably functioning much of the time from some deep level of the mind.

Consciousness contains within it all possible knowledge. The quality of intuition depends mainly on our state of consciousness. Higher consciousness is defined metaphorically as the ability to station attention at deeper levels of the mind. Pursuing illumination is a way of cultivating all functions of intuition. Each added degree of illumination is synonymous with a more purified consciousness, which means functioning with greater frequency and consistency from the deepest levels of the mind. Physiologically, we postulate that higher consciousness should be associated with a high degree of stability, order and alertness in the nervous system. In everyday terms, this would be experienced as mental clarity, inner calm, and the relative absence of extraneous mental noise.

The most important thing anyone can do to develop intuition is to cultivate a higher state of consciousness. While individual states of awareness vary, each of us can be said to operate at some basic level around which we fluctuate, depending on a variety of physical, mental, and environmental factors. With diligence, we can increase the rate by which consciousness expands.

Literally everything we do, think, or come into contact with affects our nervous system. Those who assiduously follow a path of consciousness development might change their eating, exercise, and other habits as their needs change. If they make the right choices for themselves, they will gradually become more intuitive, whether or not that is a conscious goal. In cultivating a coherent nervous system, we should find that intuition becomes more consistently fertile and truth-producing.

Each of us should experiment to discover the conditions that bring about a consistent level of inner silence and heightened clarity-the hallmarks of consciousness conducive to quality intuition Yoga exercises and meditation, are the main constituents of respected paths for expanding consciousness. Equally important is to discover which activities, substances, and environments detract from the desired state and then avoid them.

CHARACTERISTICS OF INTUITION

Characteristics of an intuitive person can include:[3]

- Ability to be childlike
- Follow impulses
- Ability to let go
- Listen to one's self,
- Make correct choices-(without a body of logical facts)
- Acceptance, of self, and others
- Assertiveness
- Awareness
- Autonomy
- Balance
- Boldness
- Centered
- Clarity
- Comfort
- Commitment
- Compassion
- Courage
- Creativity
- Curiosity
- Detachment
- Effortlessness
- Empathy
- Encouragement
- Energy
- Faith
- Flexibility
- Freedom
- Fun
- Independence
- Inner strength
- Inspiration
- Interest
- Joy
- Lightness
- Motivation
- Nurturing
- Oneness
- Peace
- Perception
- Pleasure
- Problem solver
- Quick thinker
- Relaxation
- Reliability
- Risk taker
- Satisfaction
- Self-acceptance-assurance-awareness
- Self-confidence-esteem-love- trust
- Spirituality
- Spontaneity
- Vision
- Understanding
- Wisdom[3]

Buddha taught that intuition, not reason, is the source of ultimate truth and wisdom.

Additional insights comments and claims regarding Intuition.

"Intuition gives you direction for your creativity."-*Laurie Nadel, Ph.D.*

"The intuitive mind has access to an infinite supply of information. It appears to be able to tap into a deep storehouse of knowledge and wisdom, the universal mind. Our intuition can sort out this information and supply us with exactly what we need when we need it. As we learn to rely on this guidance, life takes on a flowing effortless quality."-*Shakti Gawain*

"Learning to use intuition is learning to be your own teacher, and getting in touch with your own inner guru."-*Frances E. Vaughan*

"Intuition is the psychological function operative in scientific inventions or discoveries. It provides researchers with new possibilities to pursue with the instruments of science. In the artistic process intuition expresses as inspiration. The source of true art is an intuitive cognition of reality."-*Frances E. Vaughan*

"When one knows something intuitively one knows it for sure."-*source unknown*

"Intuition is your own inner experience and you know it for what it is."-*Frances E. Vaughan*

"Intuition works effortlessly. Relaxation is essential for you to receive strong impressions from your intuition."-*Shakti Gawain*

"Unlike an idea intuition tends to resist analysis and rational probing. An intuitive insight or concept can often turn out to be a success."-*Frances E Vaughan*

"Intuitive thinking is the ability to validate from within. There are things that can validate from inside yourself, an essential component for developing integrity."-*Frances E. Vaughan*

"It is hard to risk being sure of something that is not concrete, like intuition, without that inner knowledge of wholeness."-*Laurie Nadel, Ph. D.*

"Intuition allows you to express your inner truth."-*Shakti Gawain*

"Intuition is a personal dimension of knowing, your failure to trust is also a failure to trust yourself and to love that part of yourself that recognizes truth."-*Laurie Nadel, Ph.D.*

"Learn to identify your intuition in specific detail and learn to distinguish it from wishful thinking and imagination."-*Frances E Vaughan*

"Intuition speaks in wholes, intuitive process is unitary."-*Laurie Nadel Ph.D.*

"The intuitive mind has access to an infinite supply of information, it appears to be able to tap into a deep storehouse of knowledge and wisdom the universal mind . Our intuition can sort out this information and supply us with exactly what we need when we need it. As we learn to rely on this guidance, life takes on a flowing effortless quality."-*Shakti Gawain*

"Expanding intuition allows one to recognize the possibilities inherent in any situation. Expand your experience by developing a greater awareness of what you already know. Expanding intuition is not about getting more, it is about being more of who you really are."-*Frances E. Vaughan*

"A well developed intuition is a clear and accurate perception of reality, both inner and outer worlds."-*Shakti Gawain*

"Intuition can open up new possibilities, by allowing you to see alternatives you have overlooked by offering a fresh creative solution to a situation in which you were stuck."-*Laurie Nadel, Ph.d.*

"Intuition is a nonlinear mode of knowing and can point the way out of a double bind."-*Laurie Nadel, Ph.D.*

"Intuition at any level will lead you into what is new or unknown. No matter what level you are working on or which way you think you are going, intuition leads you past the boundaries of what you once knew into areas of new discovery."-*Frances E. Vaughan*

"Intuitive experiences, whether they occur spontaneously or as a result of training expand consciousness to include more of reality and more understanding of what is true."-*Laurie Nadel, Ph.D.*

"Intuition is not opposed to reason but works with it in a complementary fashion. Flashes of intuitive insight follow the exhaustive use of logic and reason."-*Frances E. Vaughan*

"Intuition is a purveyor of possibilities
not an evaluating faculty."-*Laurie Nadel, Ph.D.*

NOTES

1) Glands:The Mirror of Self :Onslow H. wilson PhD FRC.

2) Tools for Tantra :Harish Johari.

3) Sixth Sense :Laurie Nadel, Ph.D Judy Haims, Robert Stempson.

4) Creative visualization :Shakti Gawain.

5) Living in the Light: A guide to personal and planetary transfromation Shakti Gwain, with Laurel King.

6) Awakening Intuition :Frances E Vaughan .

7) Yoga Set From Keeping up with Kundalini Yoga.

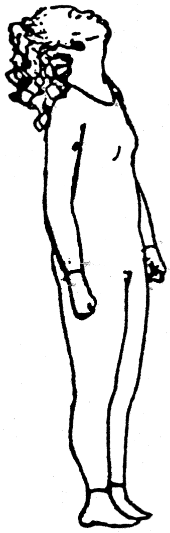
8) Yoga Meditation from Kundalini Yoga Exercises & Healing Vol. 2.

Third Eye Set

(FROM KEEPING UP WITH KUNDALINI YOGA)

This Kundalini Yoga set is designed to stimulate the sixth chakra, Ajna. This is achieved by exercises that stimulate and balance the glandular system involved with the third eye, the pituitary gland. Beginning students are advised to practice this kriya only once or twice a week, maximum.

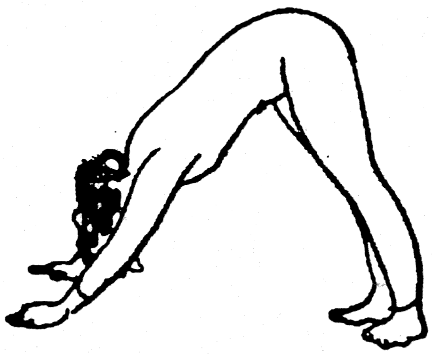
ONE



Stand up straight and lock the thumbs into your tightly squeezed fists. Let your arms hang at your sides. Gently and carefully let the head fall back and stare at a point on the ceiling or in the sky. Inhale and begin breath of fire. Continue for 2-3 minutes. Then inhale deeply as you slowly bring the head forward, and tuck the chin in. Straighten the head and hold the next breath briefly. Then exhale and relax.

This exercise sets the magnetic field, alerts the body and opens the circulation to the head.

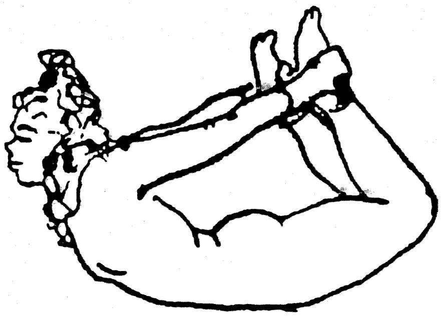
TWO



Triangle Pose. Start by resting on your hands and knees. Lift the buttocks up by straightening your legs. The weight is on the palms and the soles of the feet. The buttocks are up, it is the highest point of the body, the apex of the triangle. The head is hanging in line with the body. The arms and the legs are straight. The feet are parallel to each other about two feet apart. The arms are also parallel about two feet apart from each other. Remain in this position with long deep breathing for 2-3 minutes. To end this exercise, inhale-exhale and pull Mul Bhanda. Hold the lock and the breath out briefly. Inhale and relax down onto your knees and back to a resting pose such as easy pose.

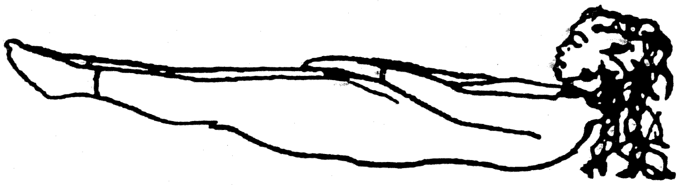
This exercise aids in digestion and works to strengthen the nervous system.

THREE



Bow Pose. Lie down on the stomach. Reach back and grasp your ankles. Gently arch upward. Use your back muscles. The top of the head points toward the soles of the feet. Your body balances on the pelvic area. Breathe long and deep in this position for 1-3 minutes. To end this exercise-inhale, gently stretching the spine-exhale down and relax.

This exercise aids in digestion and opens the central nerve channel of the spine.



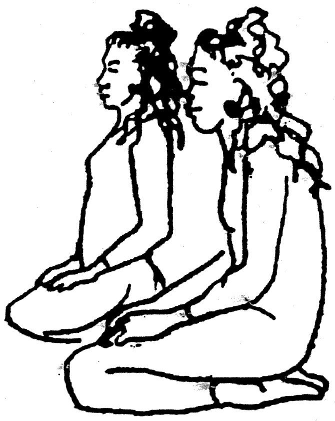
FOUR

Stretch Pose. Lie on the back with the legs together. Pointing the toes, raise the heels from the ground by six inches. Stretch the arms out straight, parallel to each other, pointing at the toes. Raise the head and shoulders off the floor by six inches. Eyes are opened and focused on your toes. Begin breath of fire and continue for 1-3 minutes. To end this exercise, inhale and hold the breath and the pose briefly. Exhale and relax down into corpse pose.

This exercise activates and balances the energy of the third chakra. It sets the navel point and tones the abdominal muscles.

FIVE

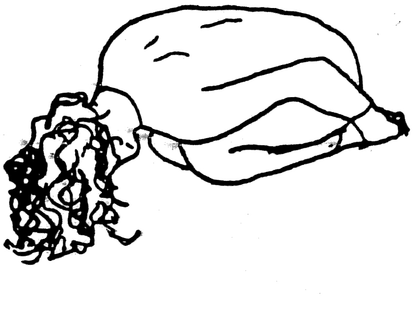
Rock Pose. From a kneeling position sit back on the heels of your feet. Spinal Flex. (Inhale keeping the head straight and the shoulders relaxed, flex your spine as far forward as you can. Exhale and flex the spine back in the opposite direction). Start slow and easy. Continue rhythmically with the breath for 1-3 minutes. To end the exercise, inhale in the forward position then exhale and relax.



SIX

Rock Pose. From a kneeling position sit back on the heels of your feet. Spread the knees wide. Bring your forehead to the ground. Rest the palms of your hands on the soles of your feet. Focus at the third eye (roll the two physical eyes up to a single point at the bridge of the nose) and consciously relax while maintaining normal breathing. Continue for 5-20 minutes. To end this exercise take several deep breaths and slowly come out of the position.(You must follow with exercise seven if you do this one)

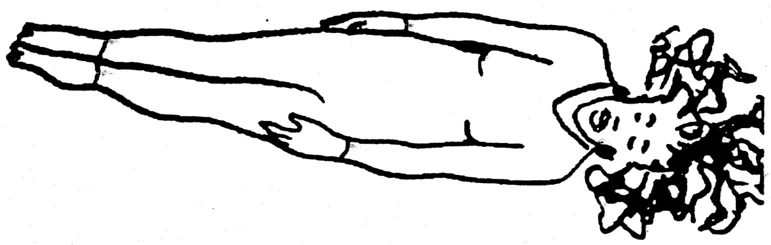
This exercise subtly uses the sexual energy of the second chakra to stimulate the Ajna (sixth chakra, third eye, sixth sense). Additionally, it cleans the eyes.

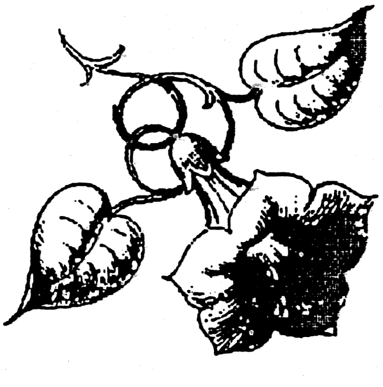


SEVEN

Bundle Roll. Lie on your back with your arms pressed tightly against your sides and your legs like a bundle of logs. Keeping the body straight, begin rolling over and over until you cross the room to one side and then to the other. Continue for 3-5 minutes. Then relax.

This exercise stimulates the entire body. It balances the magnetic field and massages the muscles. Do not do exercise 6 unless you follow it with this exercise.





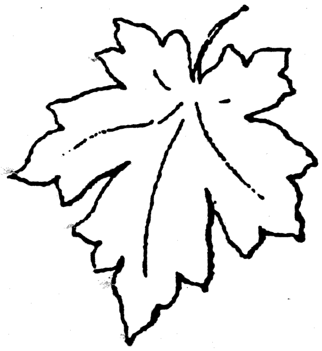
"You know what God gave us to live and protect ourselves with?

Intuition

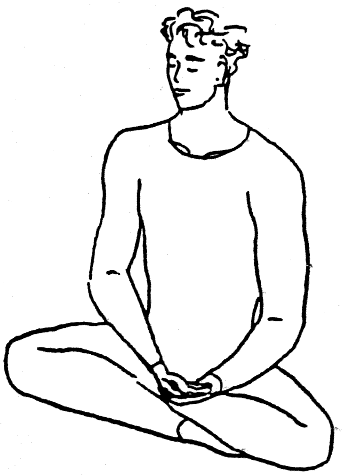
The problem is he gave us the mind, the human life and the power to have intuition, but he did not develop it for us. That is up to us."

Yogi Bhajan

Bhajan, The Excellence of Woman *Women in Training IX 1984.* p.168.



Ajna Meditation

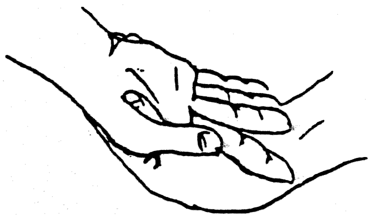


ASANA
(POSITION OF THE BODY)

Easy Pose. Sit with a straight spine.

MUDRA
(HANDS AND ARMS)

The right palm crosses the left palm. The left thumb fits into the right palm with the right thumb crossing it; the hands are placed in the lap. The palms are facing up with the fingers pointing toward the body.



PRANAYAM
(BREATH)

The breath will adjust itself to the silent mantra.

EYES

The eyes are slightly open (1/10 open, 9/10 closed).

Mantra (chant)

Sat Nam Haree Na-a-m Haree Na-a-m Haree:
Har-e-e Na-a-m. Sat Na-a-m Sat Na-a-m Haree

There are two different ways to chant this mantra.

1.) Chant the mantra once in each breath.
2.) Chant the mantra twice in each breath.

Mental Focus

Focus on the breath and on the chanted mantra. After chanting for a period of time you may begin to loose track of what you are saying. Be alert and keep a strong focus on the mantra

Time

There are no time restrictions. Start with 11 minutes and build up to 31 minutes per session.

Comments

This meditation can give you the power to control your mind. The mantra is known as the Nirgun Doi mantra in ashtang (eight-beat) when it is chanted once per breath. When it is repeated twice per breath itis known as the 16 naad variation(sixteen beats).

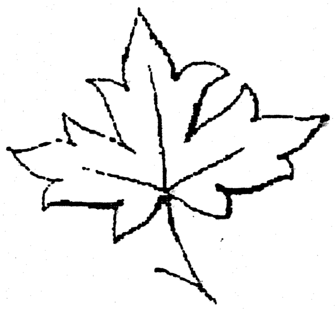
"The greatest power of woman is her sensitivity, not complaining.

If you just agree that you're not going to complain from this minute anymore then you'll get the second part. The second part is that you will automatically become sensitive. If you switch off one side, the other side will go on.

When you give up your right to complain, you will become sensitive and you will become intuitive.

Kundalini yoga makes you extremely sensitive. From the point of sensitivity you will become conscious. Then your higher consciousness starts governing you. You'll have great knowledge.

The mind is above time and space. If you decide not to complain, it will immediately compensate you with intuition."



Yogi Bhajan

Bhajan, The Excelence of Woman
Women in Training IX 1984 p. 131.

CHAPTER

2

Tools For Intuition Development

Any tool that is now being revealed to this "New Age" as having the function of enhancing your intution will work better if you also apply Kundalini Yoga.

In this chapter, we will explore a small sampling of the many tools available. A quick jaunt to your local new age book store will reveal endless techniques.

Kundalini Yoga is the yoga of awareness. If you want to find the most optimal tool, do an intuition Kundalini Yoga set before you head out toward the new age super market. Allow the effects of enhanced brain harmony and intuition to allow you to be attracted to the best tool for your purposes.

TOOLS
TO DEVELOP
INTUITION

Color Attributes. (Yogic color attributes of the chakra para digm are included see Energy Maps Journey through the Chakras.)

Astrological and Planetary Attributes

Crystal Attributes

Numbers and Their Symbols

The Major Chakras

The Seven Bodies

The Ten Bodies (according to Kundalini Yoga 3HO Paradigm)

The Tree of Life

The Great Circles of the Earth Traditions

The Elements (Chinese, East Indian, and Western)

The Seven Rays

The Major Arcana of the Tarot

Myths and Archetypes

Journaling (Intuitive Diary Techniques)*

*We will explore Intuitive Journaling in more depth. It is just another way to enhance and expand intuition.

INTUITIONAL JOURNALING

Journaling after a Kundalini set and Meditation is fun and a good way to get positive feedback from the techniques that Yogi Bhajan has made available to us.

Some of these methods, as suggested by Tristine Rainer in her book, The New Diary are included here:

Spontaneous writing
Free association,
Stream of consciousness,
Automatic writing
Active imagination

These techniques are simple.
1) Relax and empty your mind.
2) Don't think about anything.
3) Wait for whatever comes into your mind
4) Write it just as it comes, without worrying about whether it makes sense. (This includes grammar and spelling.)
5) Let your hand do the writing.
6) Record what you hear from the back of your mind.
7) Nothing is irrelevant, capture every word and image that occurs to you.
8) No matter if it seems silly, nonsensical, or embarrassing write it anyway.
9) Write fast, so fast that you don't have time to think about what you are doing. Do not take time to censor or make sense.
10) Marvel at the completely original, surrealistic narrative of your subconscious. This funny non-logical language is there all the time.
11) Avoid looking at the page entirely as you are writing, or close your eyes.
12) Ignore all the rules of punctuation, capitalization, grammar, and logical meaning.
13) Begin arbitrarily with any letter, such as "I" and then write quickly in a semi-trance-like state.
14) Treat the page as a free space that can be divided in innumerable ways, not simply with imaginary lines that run from left to right and top to bottom.
15) Try writing with your left hand. Sometimes writing with the left hand frees the subconscious. Since the right hand is governed by the left brain, which is the rational and logical, and the left hand is governed by the right brain, which is emotional and intuitive, the two hands may express different modes of perception. If you are ambidextrous write alternately with the right or left hand as a means of keeping in tune with both sides of the self.

16) Try active imagination, a Jungian psychology practice. Do this by establishing a relationship between the conscious mind and the subconscious. Ask the subconscious a question, and then allow a voice of wisdom from within to answer. Such writing can bring a calming effect by releasing pent-up thoughts and emotions and provide a basis for self-knowledge at a deep level.

The benefits of Intutitive Journaling are :

1) Diarists develop special sensibilities and a perception of meaningful subjective patterns, fateful coincidences, and prophetic dreams as they learn to follow their feelings and intuitions.

2) Diarists report strong, intuitive perceptions, personally significant coincidences, foreknowledge and predictive dreams, all arising out of the diary-keeping process.

3) Diarists become aware of synchronicity, or meaningful coincidence in their lives. Synchronicity takes the coincidence of events in space and time as something more than mere chance.

4) Diarists most often observe foreknowledge in their dreams where conscious laws of time and space do not apply. If you record your dreams upon arising and than record the days events in the evening you may see correspondences between dream and realty.

NOTES

1) Inner Voyager:A Journal for Intuitive and Spiritual Discovery.

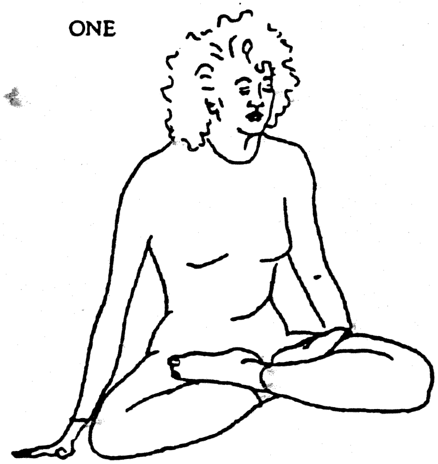
2) The New Diary: Tristine Rainer.

3) Yoga Set: Inner Workout Manual.

4) Meditation:Kundalini Yoga Meditations Vol. 2.

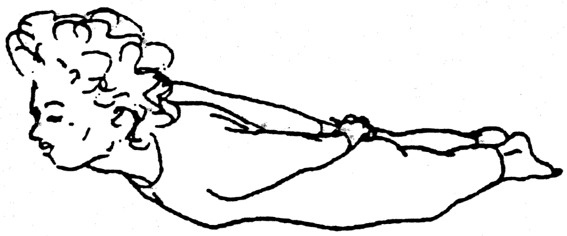
Brain Tune Up

ONE



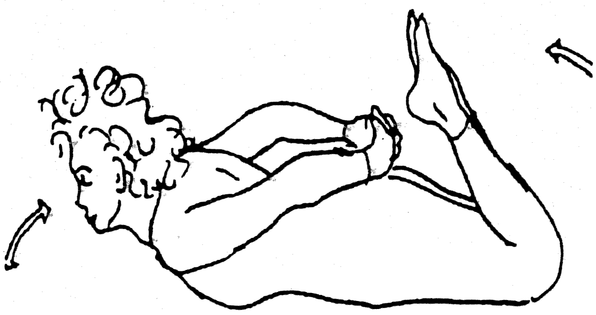
Lotus Pose. Sit and place the hands by the hips, and bounce up and down using the hands to push the whole body up off the floor. Move rapidly in coordination with the Breath of Fire for 2 minutes.

TWO



Lie on the floor,stomach side down with the forehead on the floor. Interlock the hands in Venus Mudra at the small of the back. Inhale and raise the head and the upper torso as high as possible. Then exhale down to the original position. Moderate pace. Repeat these two steps 52 times.

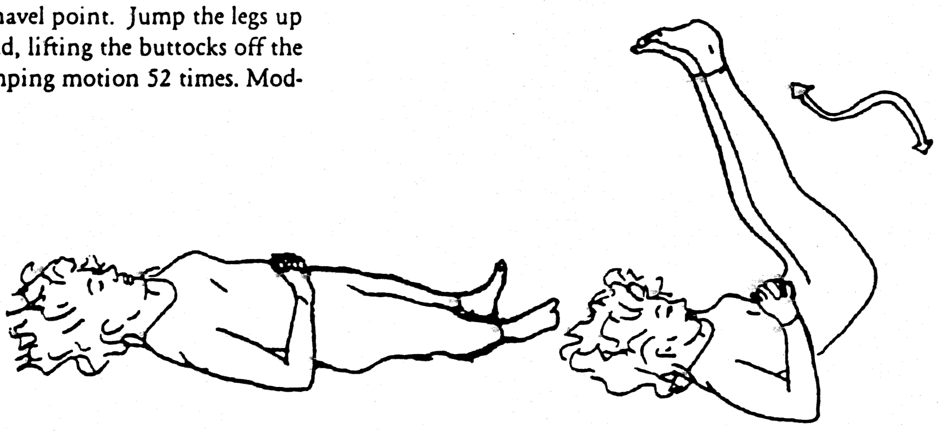
THREE



Lie on the floor, stomach side down, with the forehead on the floor. Interlock the hands, in Venus Mudra at the small of the back. Inhale and raise the head and the upper torso as high as possible and at the same time strike the buttocks with both heels. Exhale and relax with the arms by the sides. Repeat this cycle 52 times. Moderate pace.

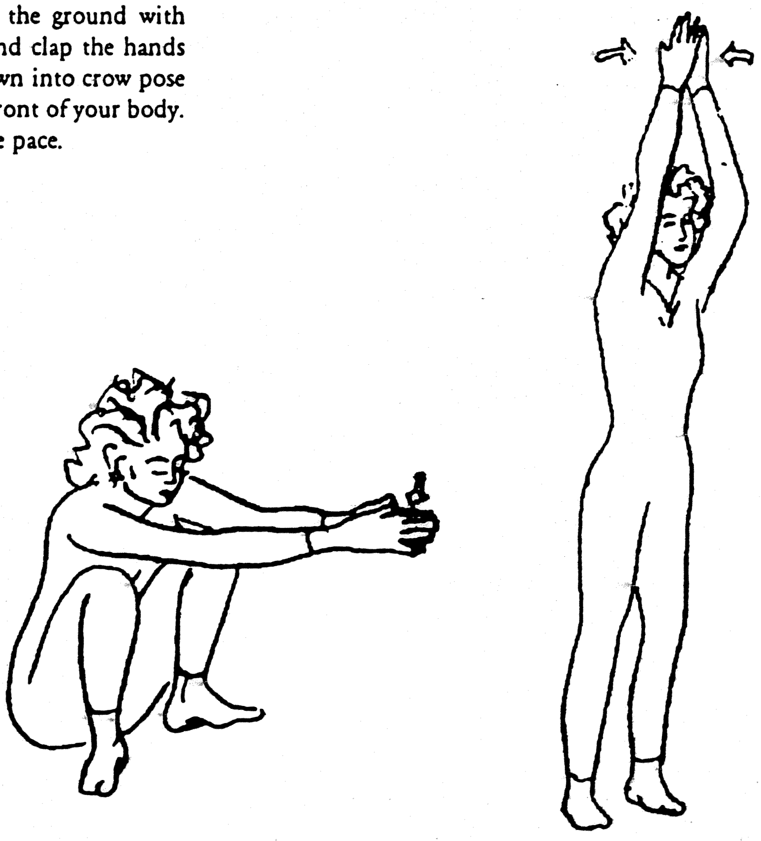
FOUR

Lie on the back with the hands in Venus Mudra, interlace fingers, at the navel point. Jump the legs up and back toward the head, lifting the buttocks off the ground. Repeat this jumping motion 52 times. Moderate pace.



FIVE

Crow Pose. Squat down with the feet flat on the ground, angled slightly to the sides, and about shoulder-width apart. Keep the spine straight and extend the arms straight in front, parallel to the ground with palms together. Inhale, stand up and clap the hands over the head. Exhale and squat down into crow pose and clap the hands straight out in front of your body. Repeat the cycle 52 times. Moderate pace.



SIX

This is a four-part exercise. Each part is done for four counts.

Easy Pose. Sit with the arms extended to the sides, parallel to the ground, palms facing down. Keep the arms perfectly straight and tight like steel throughout the following sequence.

1) Pump the arms up and down, as though flying, 3 times. On the fourth count, firmly slap the ground with the hands.

2) Pump the arms again 3 times. On the fourth count, clap the hands above the head.

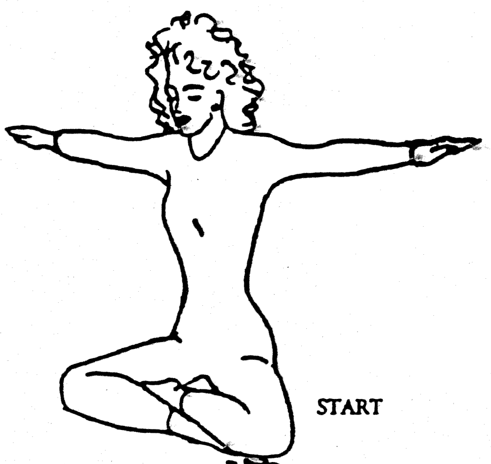
3) Pump the arms again 3 times. On the fourth count, extend the arms in front parallel to the ground and clap the hands.

4) Pump the arms again 3 times. On the fourth count, clap the hands behind the head.

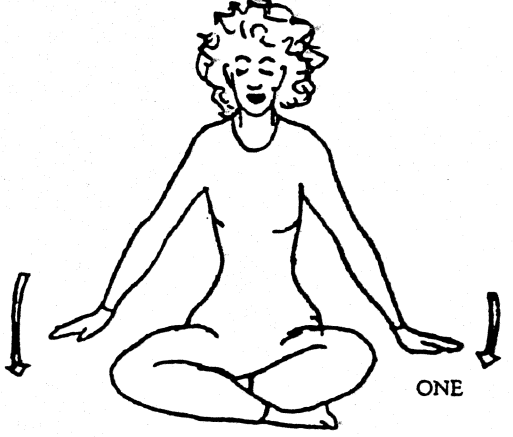
When the sequence becomes familiar, substitute the mantra, **Har Har Har Hari** for the counting. Chant in rhythm with the movements for 2 minutes.

This particular series is especially good for tuning the different parts of the brain covered in chapter 4-5-6, and promotes better access to the intuitional centers.

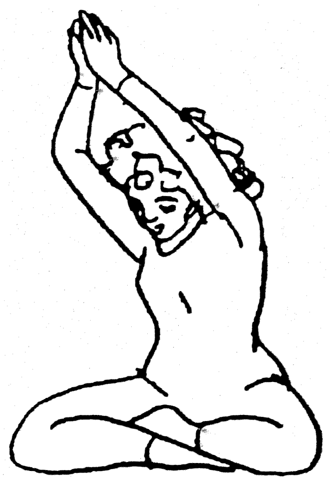
This series of exercises focuses on the brain. Using the mantra Har Har Har Hari, causes the projective brain to assist the initial brain, which is the right and left hemispheres of the Neo-Cortex.



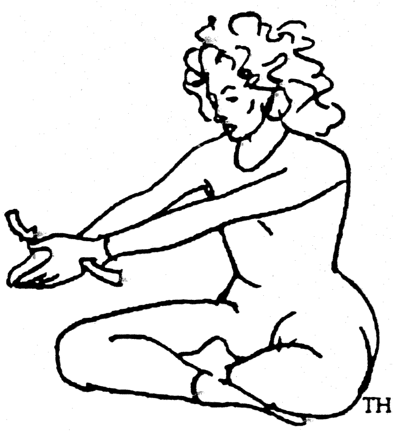
START



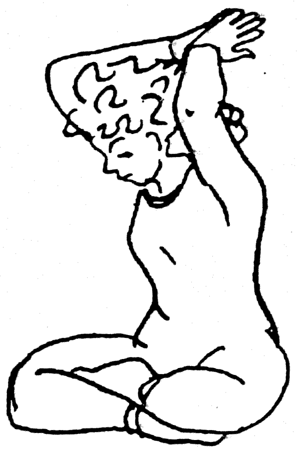
ONE



TWO



THREE



FOUR

"All tragedy, pain, negativity and misery in your life is your own creativity. It has nothing to do with any outside factor. It happens whenever we are not intuitive.

Whenever we are not intuitive means we cannot accept the pros and cons and the net result of it.

Your life is not pros and cons but the result of them.

The only way not to bring imbalance to yourself is to act through consciousness."

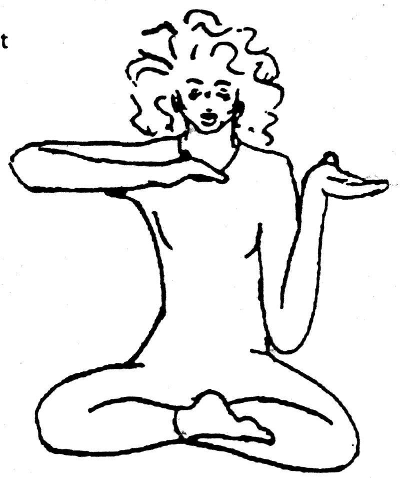
Yogi Bhajan

Bhajan, The Excellence of Woman
Women in Training IX 1984 p. 59

Brain Equilibrium Meditation

Asana
(position of the body)

Easy Pose. Sit with a straight spine.



Mudra
(hands and arms)

Extend the right arm straight out to the right, parallel to the ground with the elbow bent. Draw the forearm in toward the body until the hand is in front of the chest near the level of the throat. Extend and join the fingers. Face the right palm toward the ground with the fingers pointing to the left. Draw the right thumb back and point it at the body. Relax the left arm down with the elbow bent. Draw the left forearm straight up until it is directly in front of the upper arm with the left hand at the same height as the right hand. Extend and join all the fingers. Bend theleft hand back to a 90-degree angle and face its palm up with fingers also pointing to the left. Point the left thumb to the rear and point it back in the direction of the body. Do not move once you are in the position for the rest of the meditation.

Pranayam
(breath)

Deeply inhale and completely exhale as the mantra is chanted. Upon completion of the meditation, deeply inhale and completely exhale 5 times. Then deeply inhale and hold the breath while the arms are stretched over the head. Exhale as they are relaxed down. Repeat twice more with the stretch.

Eyes

Focus the eyes at the tip of the nose. The eyes are slightly open (1/10 open, 9/10 closed).

MANTRA (CHANT)

Chant the following mantra in a monotone voice as the breath is completely exhaled.

The entire mantra must be chanted on only one breath. The rhythm must be exact. Use the tip of the tongue to pronounce each work exactly.

SAT NAM SAT NAM SAT NAM
SAT NAM SAT NAM SAT NAM WAHE GURU
SAT NAM SAT NAM SAT NAM
SAT NAM SAT NAM SAT NAM WAHE GURU
SAT NAM SAT NAM SAT NAM
SAT NAM SAT NAM SAT NAM WAHE GURU

MENTAL FOCUS

Focus attention at the tip of the nose.

TIME

Begin with 11 minutes and slowly build to 33 minutes.

COMMENTS

This meditation balances the western hemisphere of the brain with the base of the eastern hemisphere. This enables the brain to maintain its equilibrium under stress or the weight of sudden shock. It also keeps the nerves from being shattered under those circumstances.

"By nature woman is intuitive. This faculty of intuition comes to a woman because of the instinct of a mother in her. Normally woman can mentally prejudge the result of a conversation even though she may not be present. This computerizing result system is a special faculty which exists in the brain of the woman not the man. Possibly due to the different secretions of the glandular system."

Yogi Bhajan

Bhajan, The Technology of Graceful Womanhood
Women in Training Summer 1976 p. 71.

CHAPTER

3

Intuition and the Brain

To develop Intuition, it is useful to understand the brain. In this book, we will use the three-part brain as our model. This model allows us to throw light on intuition. The process of intuition uses all three parts of the brain in a wholistic gestalt.

The three parts of the brain include:

1) The Reptilian-Brain.

2) The Limbic-Brain

3) The Neo-Cortex
   The Neo-Cortex includes:
      The Right Hemisphere
      The Left Hemisphere

Kundalini Yoga, as taught by Yogi Bhajan, addresses all of these areas of the brain and more. Thanks to Yogi Bhajan's teachings we can 'See with Western Science' and 'Experience with Eastern Insight' the amazing results of intuition expansion after practicing Kundalini Yoga and Meditation.

The Reptilian-Brain

The Reptillian-Brain is the primal, oldest part of the brain, documented by Western Science. The Reptillian-Brain is located at the base of your neck. It is capable of absorbing information in the form of energy that flows up the spinal column and through your pores. This energy filters its way from the Reptillian-Brain into the higher brain systems, the Limbic and Neocortex. The eyes, ears, nose and mouth relay information into the Neocortex and Limbic system directly. All three brains work simultaneously all the time, but it is the Reptillian-Brain that sends distress signals up through the top two brains. You can recognize your Reptillian-Brain input when you experience discomfort or feel unsafe. This part of the brain creates patterns, habits, routines, and instincitive behavior. It is the location of your sense of territiory and safety. When you get that kinesthetic gut feeling, a strong physical sensation or an emotional feeling welling up about a person, place, idea or thing, it is the Reptiallian-Brain sending the message[1].

The basic functions of the Reptillian-Brain are the ablity to move toward and away from persons, places, things or ideas. This is the center of imitation and inhibition. The other aspect of this movement encomposes rhythm and ritual. The rhythm center is able to recognize, create and sustain repetitive beats. This is also the core of ritual. Ritual is an aspect of rhythm. It allows us to recognize, create and sustain repetitive rhythm enhanced by art, music, drama thought or action. Ritual is a routine that is enhanced with meaning. Routine intelligence is your brain's ability to create habits, patterns and routines. It takes time to create routines and habits. Repitition is the way the Reptillian brain learns routine[1].

People share as many as 24 behavior patterns with reptiles.These patterns include: selecting and preparing homesites; establishing territory; showing place preferences; using color and adornments to mark; display, and defend territory; hunting; homing; hoarding; defecating at specific sites; formation of social groups; creation of social hierarchies[1].

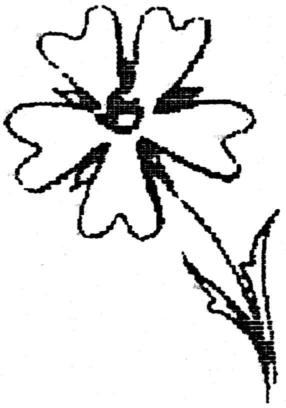
"The area is between the eyebrows and a little bit above. (This is referred to as the root of the nose). The location of this area corresponds to the pituitary gland which is just behind the 3rd eye.

1. Any Kundalini Kriya (yoga set as taught by Yogi Bhajan) in which you concentrate at the third eye point affects the third eye. Concentrating at this point is called Sambhavi Mudra.

2. Any exercise where pressure is put on the center of the big toe where the pituitary nerve ending is located (meridian pressure point) affects the third eye point also known as Maha Mudra."

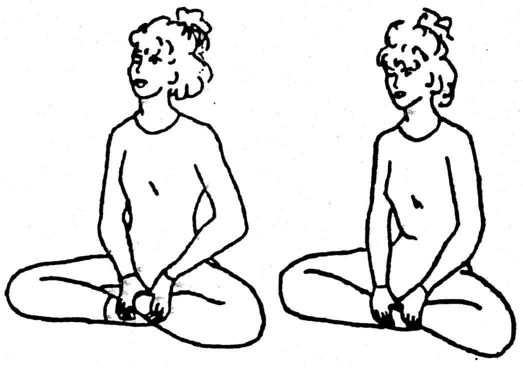
Yogi Bhajan

Lamm, Personal Class Notes, p. 22 The Third Eye.



Brain Set

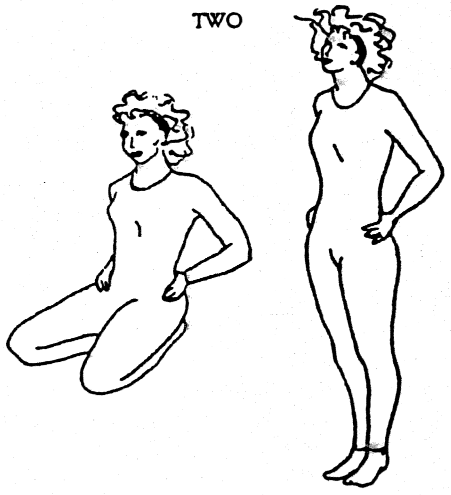
ONE



Easy Pose. Sit and place the hands on the shins. Throughout this exercise the mouth is open. Arch the spine forward and push the lower jaw out, pushing the lower teeth out as the head goes up. Then arch the spine, back and open the mouth wide. Flex your entire spine, and breathe powerfully through the mouth. Continue for 3-4 minutes.

This exercise works on the frontal brain.

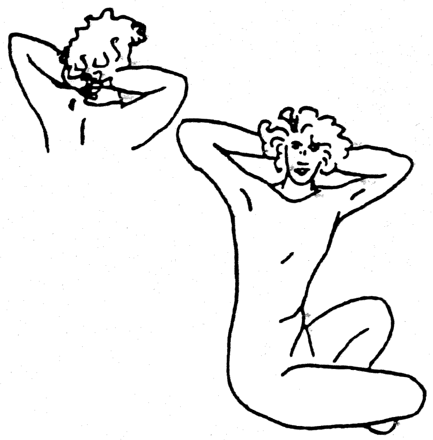
TWO



Crow Pose: Squat down with the feet flat on the ground, feet angled slightly to the sides and about shoulder-width apart, keep the spine straight. Place the hands on the waist. Inhale through the mouth and push the lower jaw forward pushing the teeth out as you stand up. Then open the mouth wide and exhale through it as you lower yourself back down into crow pose. Continue for 2-3 minutes at a moderate pace.

This exercise works on the meridian points in the thigh, which are connected with sexual energy and compassion. The thigh bone controls the balance of potassium and calcium and the inflow and outflow of energy.

THREE



Easy Pose. Sit and interlock the hands behind the neck. Keep the neck straight and begin twisting powerfully from left to right. Chant powerfully aloud:

Hari Har, Hari Har, Hari Har, Hari

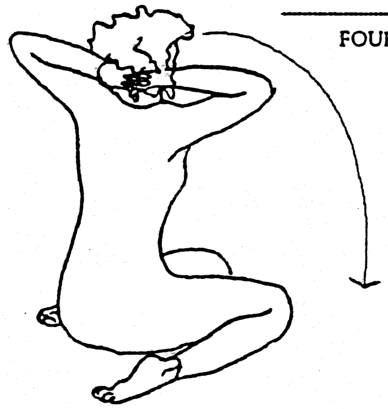
.....with the tip of the tongue hitting the upper palate behind the teeth. One repetition every 2-3 seconds. Rhythmically coordinate the movement with the mantra for 4 minutes.

This exercise stimulates the thyroid and parathyroid glands.

Celibate Pose: Start from a kneeling position and sit back on you heels, then spread your legs and sit between your heels, with thighs and buttocks inside on floor between calves and feet which are also on the floor. Keep the spine straight. Interlace the fingers in Venus Lock behind the neck, and begin to bow, touching only your chin to the ground. Perform the exercise in the fallowing 10-count rhythm, down on 1, up on 2, down on 3, up on 4, down on 5, up on 6, down on 7, up on 8 remain up for 9 & 10. Continue for 15 minutes.

This exercise relieves problems of the reproductive area and the pituitary gland which is associated with the third eye, 6th chakra and intuition. When the chin touches the ground the parathyroid gland is stimulated. This exercise is a yogic practice designed to change the total sum of oneself.

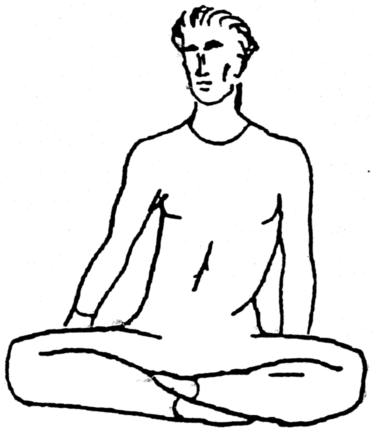
FOUR



Easy Pose. Sit and place the palms on the floor on each side. Keep the elbows straight. Listen to a tape (suggest Wahe Guru, Wahe Jeeo). If a tape is not available, move in the posture and breathe long and gently for 7-11 minutes. Begin to rhythmically rotate the hole body,in either direction (clock or counter clock or both) moving deep from the navel. Move with the music and when the singing begins, copy the sound exactly singing along with the tape.

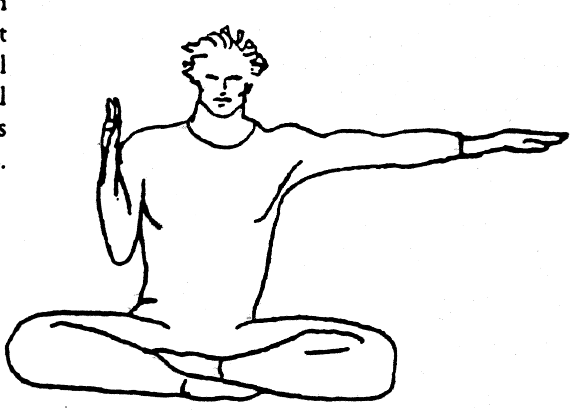
This exercise works on the parathyroid gland and develops the power to listen.

FIVE

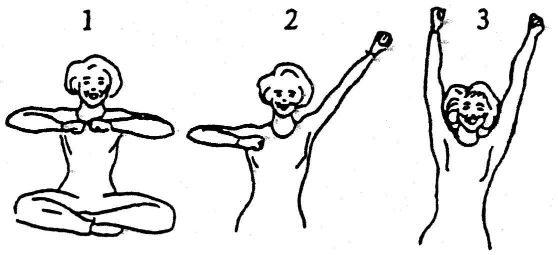


Easy Pose. Sit with the forearms bent up at the sides, hands at face level. The palms face out, away from each other, about 18 inches apart. Bring the right forearm out, straightening the arm so that it is parallel to the ground, palm down. Then return to the original position and repeat with the left arm. Continue this exercise alternating the arms fast and hard for 6 minutes.

SIX



SEVEN



Easy Pose. Hands are at shoulder level in fists, the thumbs locked inside pressing on the mound at the base of the little finger. The movements are in a 4-count rhythm as follows:

A) Bring the right arm out and up to a 60-degree angle (position 2) and then return (position1).

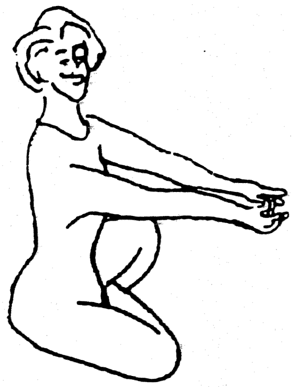
B) Bring the left arm out and up to a 60-degree angle (position2) and then return (position 1).

C) Bring both arms straight up over the head and parallel to each other (position 3).

D) Return the arms (position 1).

Continue this rhythm moving fast and powerfully for 6-7 minutes.

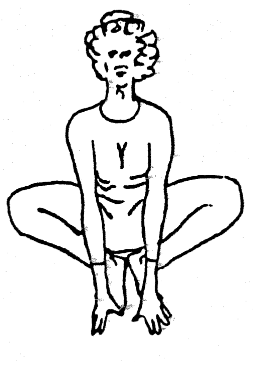
EIGHT

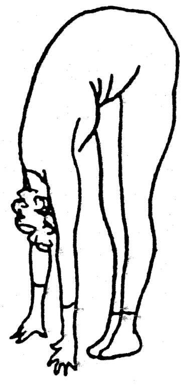


Easy Pose. Stretch your arms straight out in front of you, parallel to the ground with the palms facing up. Bend the middle (Saturn) fingers into the palms and lock your thumbs over them. The other fingers are straight. Moving the arms together, pump them up and down, moving them about 12 inches above and 12 inches below the original position. The breath will come naturally in rhythm with the motion. Keep the elbows straight and move fast and powerfully for 3 minutes.

This exercise works on breaking up deposits in the neck that block circulation to the brain. It also works on patience, the quality of the Saturn finger.

NINE





Frog Pose. Keep the spine straight, squat down on the balls of the feet with the heels touching and the knees spread wide apart. Arms are between the knees, and the fingertips touch the ground. Inhale as you straighten the legs while remaining on the balls of the feet. The forehead is pulled in toward the knees as close as possible. Then exhale down into the squatting posture vigorously striking the buttocks to the heels.

Breathe deeply and powerfully as you move, and continue until you have done 54 repetitions about 3 minutes.

"The tongue is the creator of harmony and disharmony. That's why we chant. We want to be trained to talk in harmony and talk in higher consciousness. There is only one purpose of mantra: to make a man talk and vibrate in harmony and in higher consciousness. Mantra creates the balance of your intuitive nature. What is intuitive nature? It is the psyche which takes you to your higher self. It is a ladder. Without that ladder there is no way."

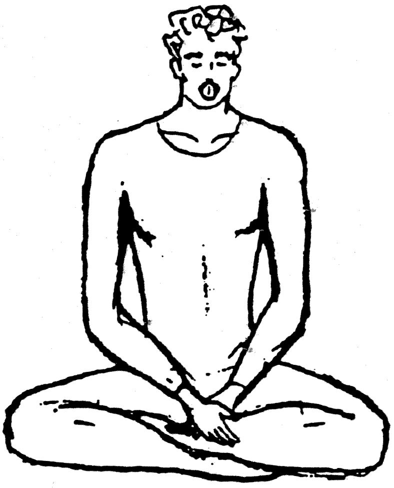
Yogi Bhajan

Bhajan, The Ancient Art of Self-Healing *p. 77.*

Still the Restless Mind

ASANA
(POSITION OF THE BODY)

Easy Pose. Sit with a straight spine.



MUDRA
ARMS AND HANDS

The arms are relaxed and the hands are in any meditative posture or mudra you find to be comfortable.

PRANAYAM
(BREATH)

Breathe normally through the nose.

EYES

Focus the eyes at the tip of the nose. The eyes are slightly open (1/10 open, 9/10 closed).

Open the mouth as wide as possible. Touch the tongue to the upper palate.

LOCKS
(OTHER CONDITIONS)

(There is no mantra for this meditation.)

MANTRA
(CHANT)

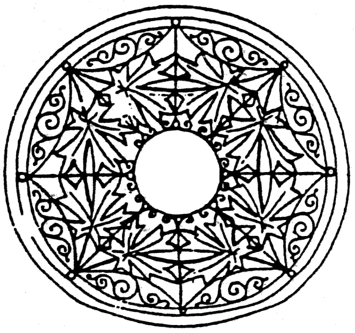
Start with 3-5 minutes of practice with a maximum of 11 minutes. With practice, it can be done for 31 minutes.

TIME

Practicing this meditation gives the capacity to still the most restless mind. It gives immediate relief to an wavering, spaced-out mind. When there is so much insanity around that medical and psychiatric helpdoes not work, this will. The person who shows someone how to do this as therapy should be one who has practiced this meditation.

COMMENTS

The Limbic-Brain



The Limbic-Brain is the second part of the brain we will examine. The Limbic-Brain is the most chemically active brain and it is the center of all emotional activity. The Limbic-Brain is wrapped around the top of the Reptilian-Brain and is connected to the mushrooming Neo-Cortex above it. This part of the brain is located behind your face. Your face is an outward projection of your limbic activity. The Limbic-Brain evolved after the Reptilian-Brain. This center evolved so that members of one species could feel sensitivity for other members of the same species. Reptiles hatch their offspring and leave them. Mammals nurture and protect their young[1].

The Limbic-Brain is concerned with the sense of taste, smell and oral/nasal intelligence. All of these senses make up the foundation for emotional states. It is the basic nature of this brain to get charged up with excitement and to connect and disconnect emotionally[1].

This second brain is connected to your immune system. It responds to stress in ways that can depress your body's ability to stay healthy. Learning how to release and express emotional energy improves your immune system and energizes your Limbic-Brain[1].

Intuition on one level takes the form of an emotional feeling state. By increasing the range of your emotional sensitivity and learning to access your emotional library lodged in this area you may enhance intuitive abilities. It is necessary to recognize and interpret your intuitive feelings. The Limbic-Brain is the door between the internal world and the external world[1].

Wanting is part of the energy of the Limbic-Brain. Desires are powerful, energizing and concentrated. It is the energy that moves you. Motivation is focused wanting. When you are motivated everything falls into place. The limbic system can access the past through a feeling and can recreate that past moment again in a feeling state[1].

Sixth Chakra Set

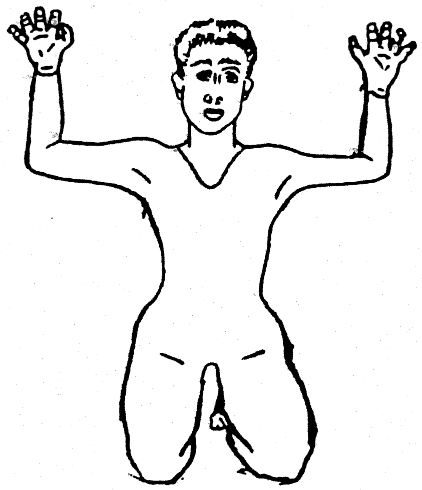
ONE

Panther Pose. Start by sitting in rock pose, extend the arms straight out from the shoulder, parallel to the ground. Bend the arms at the elbows, forming a 90-degree angle. The palms face forward. The fingers are spread wide apart and arched like the claws of a big panther.

The eyes are wide, wide open, and they gaze fixedly toward the horizon. Breath long and deep for 3 minutes. Feel the pranic (life force) flow of energy in the area of the eyes.

To end, stay in position and close the eyes inhale and hold the breath, and keep eyes closed for 20-30 seconds.

This exercise brings pranic energy to the eyes.

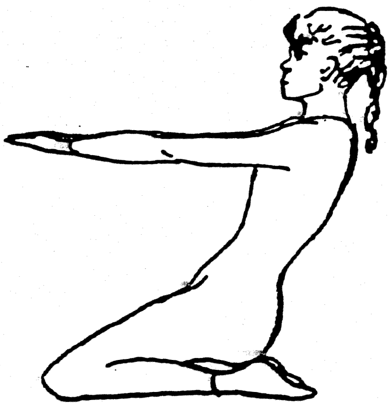


TWO

Rock Pose. Start from a kneeling position and sit back on your heals. Raise the arms and the hands up until they are parallel to the ground, palms facing down. Arms are straight out in front of the chest, shoulder distant apart and parallel to each other. Lean back to a 30-degree angle. The angle from the back to the ground is 60-degrees.

Eyes are wide open, looking out toward the horizon. Continue holding this position without blinking the eyes from 3-31 minutes.

This exercise brings pranic energy to the eyes, is good for the digestion and the nerves, and contributes to personality control.

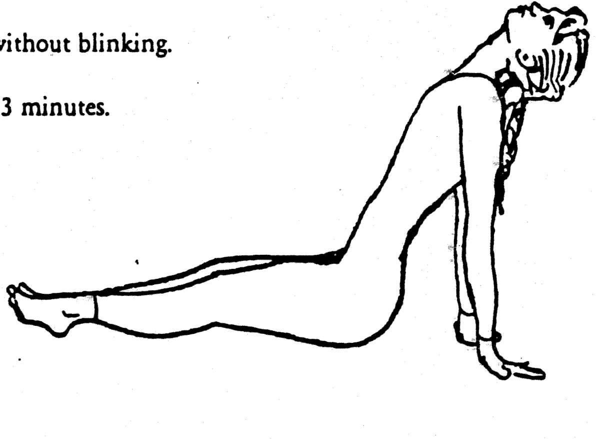


THREE

Stretch the legs out straight in front of you, and place the hands on the ground behind you, fingers facing away from the body. Lean back 30-degrees.

Drop the head back, and stare at the ceiling without blinking.

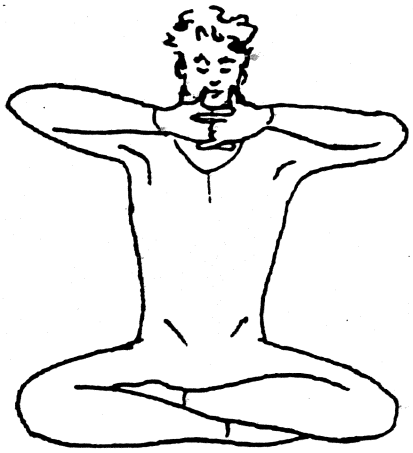
Stay in this position with **Breath of Fire** for 3 minutes.



Vagus Nerve Meditation

ASANA
(POSITION OF THE BODY)

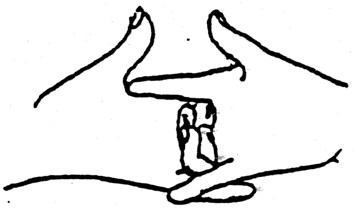
Easy Pose. Sit with a straight spine.



MUDRA
(HANDS AND ARMS)

Bend the Saturn (middle) and Sun (ring) fingers of each hand forward. Interlace them, pressing the finger pads together with 25-50 pounds of pressure. Cross the Mercury (pinkies) and Jupiter (index) fingers. Turn the hands so that the palms face the body. The thumbs do not touch; they point upward in a relaxed manner. The Saturn (middle) and Sun (ring) fingers point toward the body.

Another way to say this is "Church and Steeple", with the two inner fingers from each hand inside and the two outer fingers on the outside.



PRANAYAM
(BREATH)

Inhale completely, and repeat the mantra while exhaling.

EYES

Focus the eyes at the tip of the nose. Eyes are slightly open, (1/10 open, 9/10 closed).

MANTRA (CHANT)

The Mantra is:

HARI

Hari is chanted through the nose only. Repeat the mantra 16 times per breath (Solam Pad means 16 stroke). Chant using a steady rhythm. Chant in a monotone. Do not speak through the mouth, but chant through the nose.

LOCKS (OTHER CONDITIONS)

Pull in the navel center with each chanted Hari.

TIME

Practiced for 11 minutes.

PRACTICE CONDITIONS

Loosen up the shoulders before practicing the meditation. Practice this meditation only on an empty stomach (even an excess of liquids can cause colic). Group participants should sit in straight rows, facing one another.

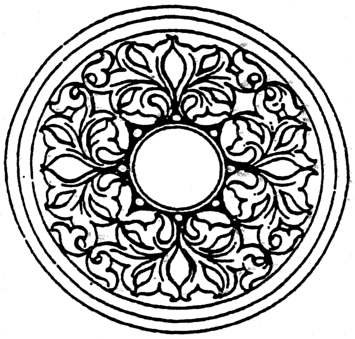
COMMENTS

Use this meditation to transcend the emotions. It channelizes the vagus nerve.

By focusing the eyes on the tip of the nose the *ida* and *pingala* are stimulate. This in turn stimulates the *shushmana* at the *tirkudi*(the third eye point) where the pathways of the three meet (*ida/pingala/shushmana*).

Pingala; a primary channel of prana, terminates in the right nostril, associated with sun energy.
Ida; a primary channel of prana, terminates in the left nositril associated with moon energy.
Shushmana; central conduit of prana.

The Neo-Cortex



The Neo-Cortex (also known as the neomammalian) is divided into the left and right hemispheres, also known as the Left-Brain and the Right-Brain. As the name implies, this is the brain located at the top of the head and is the newest and most evolved of the three brain parts. The Left-Brain is the site of rational analytical and sequential intellectual processing, and the Right-Brain is the cite of random and non-sequential intellectual processes[1].

The Neo-Cortex is associated with four categories of processing. There is the **rational** function that perceives the reason for something. This includes cause and effect, sequential processing, deduction, summary and conclusion. There is the **associational** function which allows us to perceive randomly, or to expand information through a random connection. This covers the ability to see connections between and among and to juxtapose or improvise. The Neo-Cortex is the seat of **visualization**, the ability to perceive in images. And lastly the Neo-Cortex is the home of **intuition**. Intuition is knowing from within, a kind of direct knowing that seems to skip the use of reason[1].

The Left-Brain and the Right-Brain function independently of each other as they maintain parallel states of activity. The Left-Brain and the Right-Brain are always working. Your brain does not sense receiving, storing and retrieving information as a competitive experience. They all take place together without interference[1].

Kundalini Yoga sets are designed to allow you to learn how to enable your Left-Brain to put your intuitive insights into words and than let your feelings (Right-Brain) help you measure whether your sense of a situation is right for you[1].

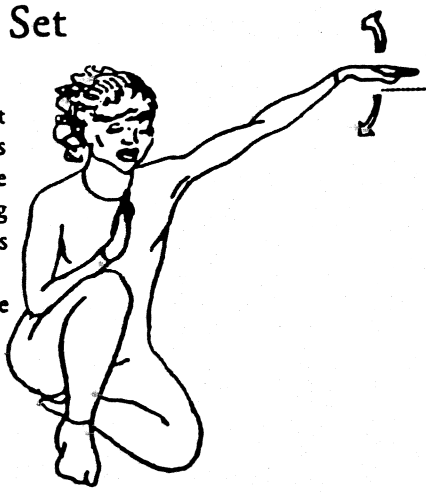
Balance The Tattvas Set

ONE

Virasan Pose. Sit on the left heel with the right foot on the floor by the left knee and place the palms together at the sternum. Extend the left arm out to the side to a 60-degree angle above parallel, palm facing down. Move the left hand up and down at the wrist as fast as possible.

Coordinate the movement with Breath of Fire for 3 minutes.

Change arms and continue for 3 minutes.
Change arms and continue for 3 minutes.
Change arms and continue for 3 minutes.



TWO

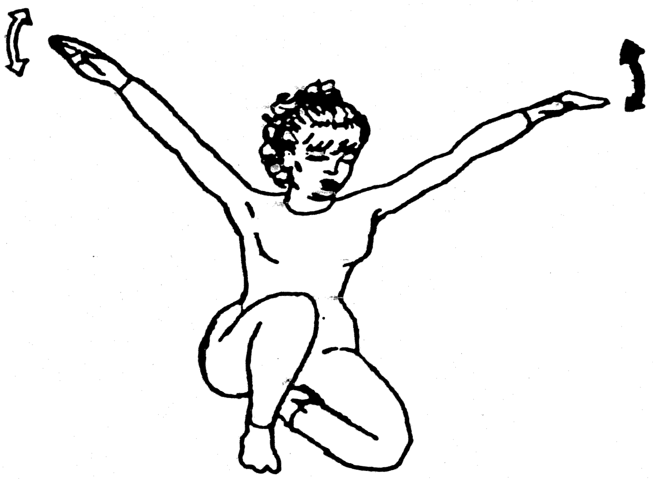
Virsan Pose. Without stopping, extend both arms and resume the motion with both arms for 2 minutes. As you do so, close your eyes and visualize yourself flying high in the sky. Take yourself through the five elements and totally identify with each.

First imagine you are:
1) ether
2) air
3) fire
4) water
5) earth

and then lastly: 6) ether again

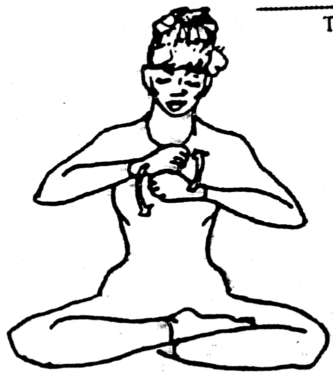
Feel the difference between each, especially when you return to ether. Spend about 15 seconds on each tattva(the five elements).

This exercise helps differentiate the left from the right hemispheres of the brain. Normally Breath of Fire creates a neutral state. Here, however, the movement of the hands creates that differentiation and synchronizes the hemispheres as well. Additionally, this exercise is said to balance the tattvas. For best results, practice it every day.



THREE

Easy Pose. Make fists of the hands with the thumbs tucked inside, and place them in front of the chest at the level of the heart. The knuckles face upward. Now, without moving the wrists, rotate the fists rapidly around each other in coordination with Breath of Fire for 1 minute.

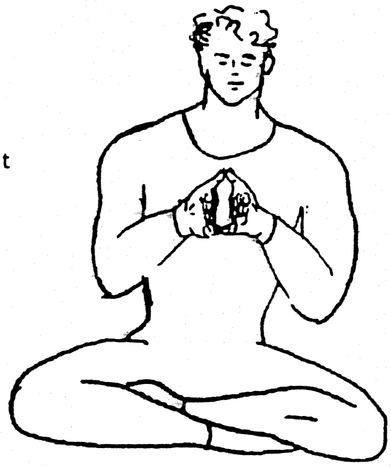


COMMENTS

In yogic philosophy, all living matter is comprised of five elements: earth, air, fire, water and ether. These are known as the five tattvas. Practice of this short Kriya (A yoga set of exercises as taught by Yogi Bhajan) will bring the tattvas into a state of balance and will synchronize the hemispheres of the brain, which may allow people to expand intution and the Sixth Chakra. This is a very powerful set of exercises to practice every day.

ASANA
(POSITION OF THE BODY)

Easy Pose. Sit with a straight spine.



MUDRA
(ARMS AND HANDS)

The hands are positioned at the heart center. They point away from the body, parallel to the ground.

The thumb and little fingers remain touching. The palms are seperated. The first finger, middle finger and ring finger are straight and together on each hand. The palms and the first, middle and ring finger of the hands are held parallel to each other about 2-3 inches apart.

The ring finger represents the past. The middle finger is the present. The first finger is the future.

PRANAYAM
(BREATH)

Inhale through the nose.
Exhale through the mouth.
Then inhale through the mouth.
Exhale through the nose.

EYES

Focus the eyes at the tip of the nose. The eyes are slightly open (1/10 open 9/10 closed.)

MANTRA
(CHANT)

(There is no mantra for this meditation.)

TIME

Suggested time is 31 minutes.

COMMENTS

This is a meditation that will allow you to experience a state of awareness that is beyond time as we know it. It is a way to experience the eternal now that contains the past, the present and the future.

The Left-Brain

The Left-Brain is the one that has received the most attention and reinforcement in Western Culture. It is the one identified with cause and effect, sequential process, deduction, summary and conclusion. This is the center of the rational, analytical and sequential intellectual operation[1].

The left hemisphere is the dominant brain. It is the center of language. The left side perceives information in a step by step, piece by piece process. Our current educational system supports and reinforces this side of the brain. The Left-Brain is also known as our conscious brain and as such is the one responsible for our sense of time and space. The Left-Brain is primarily concerned with external reality. The way we learn rational thinking is to put one foot after another. This is the process that involves doubt and question[1].

The left Neo-Cortex is identified with the ergotropic system. This is the energy-expanding system that consists primarily of your sympathetic nervous system and some complimentary brain-stem functions, your fight or flight response and other highly charged states of arousal[1].

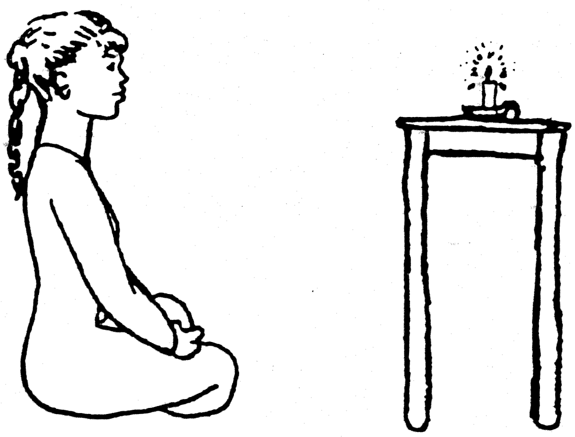
Rational Left-Brain thinking is not the only way to process information. It is just one part of many that is currently available to all of us[1].

Tjratakum Set

ONE

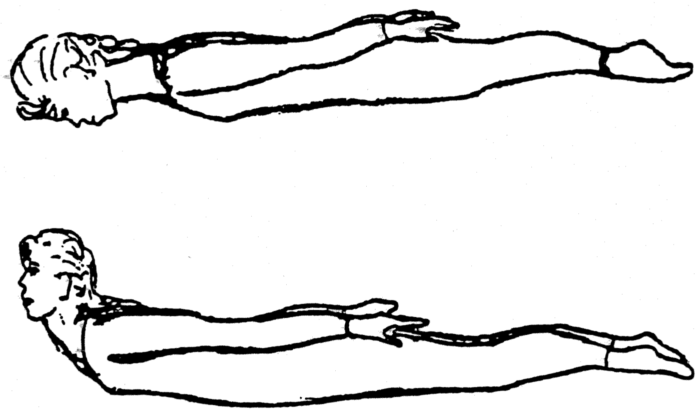
Easy Pose. Prepare a table so that a candle flame will be at the same height as your third eye, located at the root of the nose. The space between you and the candle flame must be no more or less than 7 feet. Stare without blinking at the dark spot under the tip of the flame. Continue with normal breathing for at least 31 minutes.

To conclude this exercise inhale close eyes and put the image that occurs naturally at the brow point: the root of the nose and the location of the third eye.



TWO

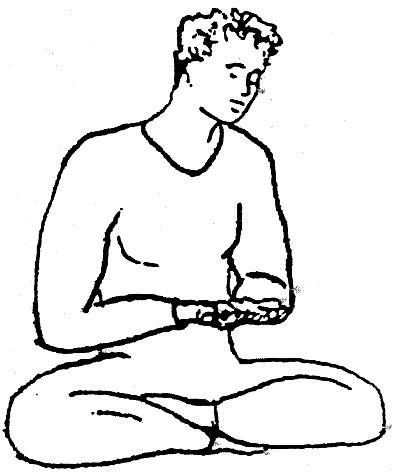
Start by lying on your stomach flat on the floor. The hands are in Venus Mudra (fingers are interlocked). As you inhale, close the eyes, arch up the head, neck, upper-middle-lower back off the floor as far as possible, the pelvic abdominal area stays on the floor. Hold this position and the breath for 30 seconds. As you exhale, open the eyes and lower your head and torso back onto the floor. Repeat this sequence 10 times.



Blueprint Meditation

ASANA
(POSITION OF THE BODY)

Easy Pose. Sit with a straight spine.



MUDRA
(ARMS AND HANDS)

Hold the hands palm up with the sides of the mercury (pinky) fingers and the edges of the hands touching. The fingers point forward away from the body. Maintaining this general position, make a cup of the hands.

Bend the arms and hold the mudra in front of the heart. The heels of the hands will be about six inches from the body. Elbows are relaxed by the sides.

PRANAYAM
(BREATH)

Breath is normal.

EYES

Let the eyelids fall apart as if you have no control over them.

MANTRA

(There is no mantra for this meditation.)

LOCKS
(OTHER CONDITIONS)

Keep making the spine straighter and straighter. "A crooked spine will make you crooked even in prayer." - *Yogi Bhajan*

MENTAL IMAGES

Feel that something is dripping to you from the heavens–light of God, flow of life, supreme energy, Universal Spirit–whatever you want to believe in. Jesus Christ is sending you the cookies. Santa Claus has a bag full of goodies. It doesn't matter. Anything you can think of. Moses is coming in the cup of your hand. Feel something is dropping from the top into your hand. Lower yourself into this vision, until you start feeling it as a reality. Just get into your very simplicity. Just ask for simple grace.

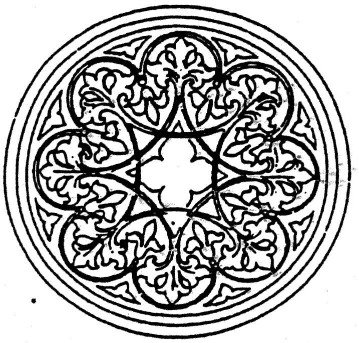
TIME

Three minutes. "You cannot do this meditation for a very long time. But do your best." - *Yogi Bhajan.*

COMMENTS

"Let us become old, old human beings, centuries old. We used to draw ourselves onto our knees. We never used to stand up. In our cave, we used to have some hair kind of things, where we used to curl up like a dog and put something over. Have you seen a dog sleeping? It goes around. That was a human way of sleeping. Early in the morning a human being would not get up. He would crawl on the knees, come out, and sit on his heels, or stretch the legs forward. I'm just telling you the original comfortable way of primitive prayer. Mohammedans still do it. In their prayer, this prayer exists. At first everything is in imagination, like a blueprint. Then you start feeling the experience and it becomes the reality. That's the difference between imagination and reality. Just be simple. It should not be difficult for you to concentrate. You are not simple. That is why it is hard for you." - *Yogi Bhajan.*

The Right-Brain



The Right-Brain is the center of random, non-sequential intellectual processes. The qualities of the Right-Brain are visual, intuitive, and associational[1].

The Right-Brain is nonverbal, cannot keep time or measure space. It can create and move mental images. The Right-Brain perceives in wholes, but it lacks language, and must communicate to the left through the corpus callosum, which connects the two hemispheres. It also communicates with signals to the Limbic-Brain. Right-Brain thinking occurs when we get those physical sensations or emotions (gut feelings) as communication[1].

Language may fail to communicate the messages from the Right-Brain because language cannot encompass nonverbal, non-sequential, intuitive perceptions. One way to understand this concept involves a new view of duality. Right-Brain thinking demands that we surrender our beliefs in an either-or choice and begin to accept apparently contradictory ways of knowing. (Like the Zen Koans, said"What is the sound of one hand clapping?"This is a language puzzle that forces you to transcend the limitation of language, the duality of either or and get the aha grasp beyond perceived duality.)When you use the Right-Brain you use the its associational ability to notice or perceive connections between seemingly dissimilar circumstances . Suddenly you connect two unrelated concepts, and you have the spark of insight commonly associated with an intuitive grasp of a concept[1].

When you use yogic technology to expand intuition, part of what you are doing is learning and allowing your body and all of its different brains to come together in a whole brain thinking mode. This allows you to take in more information than you would if you used only one processing system (say just the rational conscious Left-Brain). Right-Brain thinking benefits from the discipline of yoga and meditation. To use the Right-Brain you must be able to relax and wait. Yoga teaches you how to do both. Kundalini Yoga, as taught by Yogi Bhajan will allow communication to flourish between all three brains on levels rarely, if ever, experienced before.

"First tenet of Kundalini Yoga is that we don't initiate anybody:
A person is self-initiated.

Second tenet:
It produces teachers and masters, not students.

Third tenet:
It gives you your own self-intuition. You seldom need guidance. It is not total dependency.

Fourth tenet:
Kundalini yoga is what makes you be yourself as you should be or are originally destined to be." - *Yogi Bhajan*

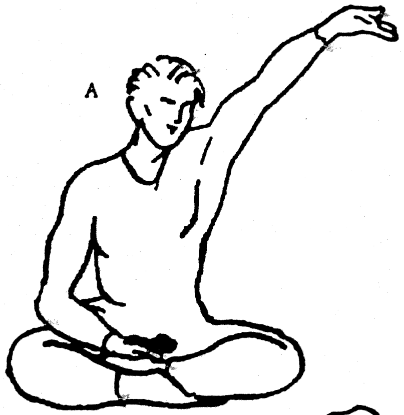
Bhajan, Women in Training XIII 1989,
The Ultimate Woman p. 141

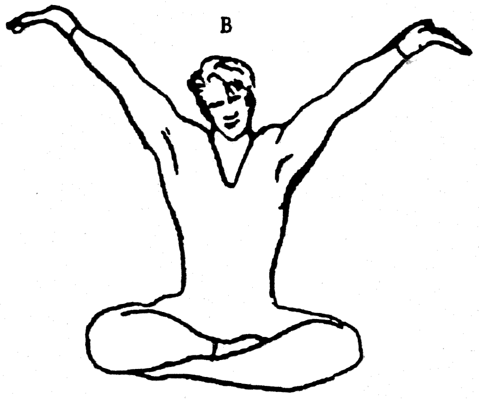
Total Balance Set

ONE

A)**Easy Pose**. Put the right hand in the lap. Lift the left arm up to the side at a 60-degree angle, fingers together. With the palm facing up, stretch the fingers and pull the wrist downwards. Keep elbow and spine straight. Pull back as far as possible. It will put pressure on the elbow and outstretched arm muscles. Continue for 4 minutes on each hand.

B) Hold both arms up at a 60-degree angle and pull both wrists back as in (A). Meditate calmly on the flow of the energy. Sit quietly in this posture and let the energy start to balance you. The breath will start going in and out at its own rate. It will correspond to your energy flow. Continue for 4 minutes.

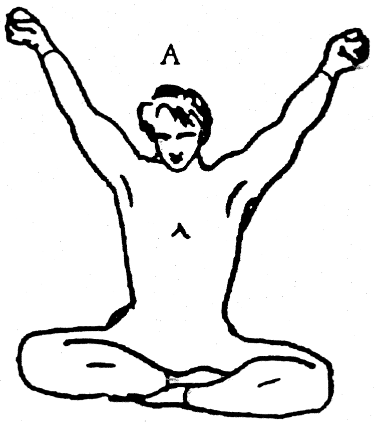


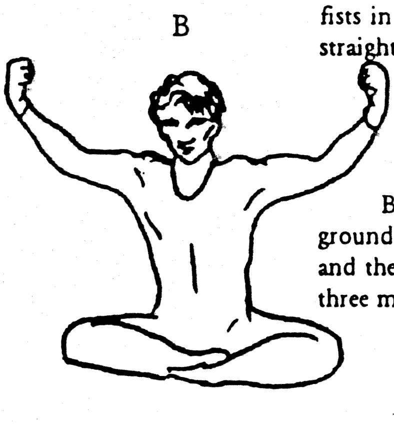


TWO

A) Easy Pose.Hold the arms up at 60-degree angle. Place the thumbs inside the fists. Move the fists in circles around the wrists. Keep the elbows straight. Continue for 3 minutes.

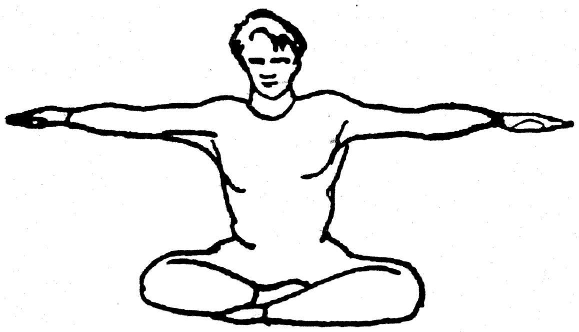
B) Now bring the arms out parallel to the ground, maintain the hands in fists. Move the fists and the elbows in a circular motion. Continue for three minutes.





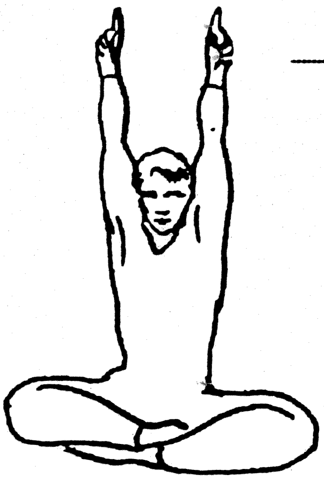
THREE

Easy Pose. The arms are extended from the shoulders, parallel to the ground. Elbows are straight, as is the neck. Palms are facing down. The fingers and the thumb are together, and the hands are cupped slightly. Normal breathing. Continue for 10 minutes:go beyond wanting to yell, to the AHHH stage.



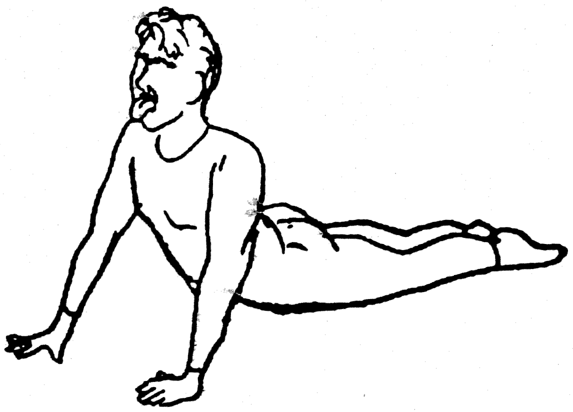
FOUR

Stretch the arms up over the head with the elbows touching the ears. Make fists with the thumb inside. Stretch the first fingers of both the left and right hands straight up to the ceiling and close by putting them back down. Next stretch the second fingers up and closing by putting them back down. Proceed to the third fingers stretching them up and close them by putting them back down. Finally stretch the fourth fingers up and close by putting them back down. Continue opening up each finger completely. *This is a brain exercise.* Continue for two minutes.

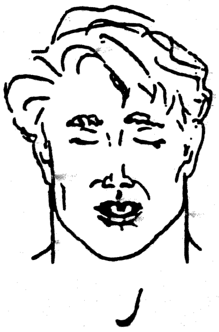


FIVE

Cobra Pose: Lie down with your legs and feet together and your hands palm down under your shoulders, thumb in line with nipples. Rest you forehead on the floor. Inhaling, bring your head up, brushing first your nose, then your chin against the floor. Use only your back muscles to raise your chest as high as possible then use your hands to push the trunk of your body up.Continue until you are bending deeply from the middle of the spine, your pelvis/abdominal area is still on the floor. Stick the tongue all the way out with the chin held up. Breathe long and deep through the mouth. Continue for 2 minutes.

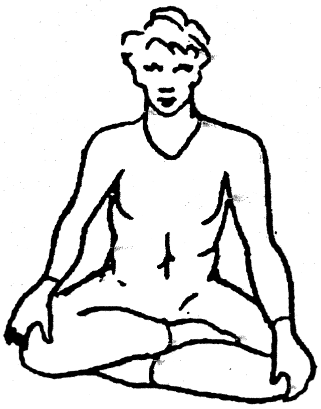


SIX



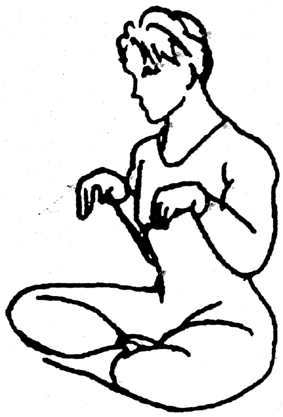
Easy Pose. Stick the tongue out and curl it,sides of tongue together. Inhale through the rolled tongue, and exhale through the nose. Continue for 3 1/2 minutes.

SEVEN



Easy Pose. Place the hands on the knees and begin to deeply and widely roll the sternum around grinding on the buttocks. Think of the spine as the handle of a large soup spoon. You are stirring a big spoon (your upper torso) against the side of the (pot) hips. Rotate or stir 52 times in one direction, and than go in the other direction.

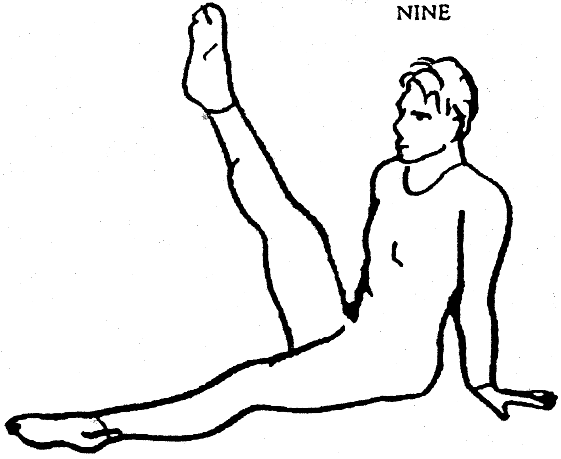
EIGHT



Easy Pose with the arms bent at the elbows in front of you , the hands are hanging limply and loosely. Begin rolling the shoulders forward. Continue for 3 minutes.

NINE

Celibacy Kick. Stretch the legs straight. Place the hands on the ground behind you, fingers facing away from the body. Raise alternating legs, bring each knee to the nose and then back down. Keep the legs straight, and do not bend the knees. Continue for 3 minutes.

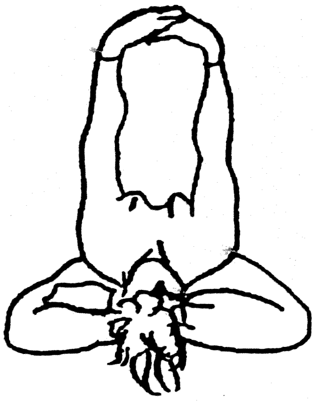


TEN

Sit in **Lotus/Easy Pose.** Interlock the hands behind the back and bring the head down to the ground in front. Raise the hands and arms up. Continue for 2 minutes. Then, in the same position, chant:

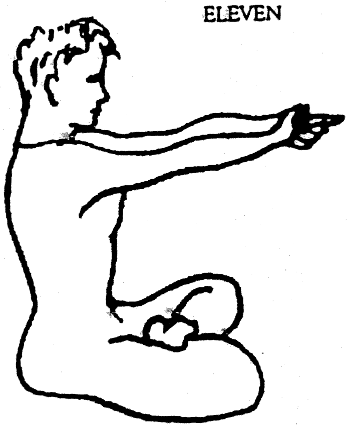
Healthy Am I, Happy Am I, Holy Am I,

(For one minute.) Inhale, and pull the arms up further. Then relax the arms down.



ELEVEN

Maintain **Lotus Pose**/ (if unable to do lotus then Easy Pose). Stretch the arms out in front parallel to the ground. Interlace the fingers and extend the first fingers together pointing forward. Keep a straight spine and straight elbows. Continue for three minutes.



COMMENTS

"This Kriya (yoga set) balances the aura and the electromagnetic field. It also stimulates the elimination of body toxins and develops muscular coordination. For the purposes of this book, it is especially good at balancing the different areas within the three brains. It is an excellent set to practice to stay in tune particularly if you have something to do that requires quick, clear decisions and delicate manipulations. It is also good to practice if your work gives you brain fatigue and mental sluggishness.

Exercises one through four give balance to the aura, muscles, and brain. Exercise three and four are especially good for brain balance. Exercise three was used as part of a system of therapy for the mentally imbalance. They would feel great pain and yell and scream. But the pain is only a record of the amount of brain adjustment needed. (Do not be overly concerned if it hurts, build up slowly)

Exercises five through eight work on breaking the deposits and tension of poor digestion and high toxicity. Exercises nine and ten open the head and lung areas. Exercise eleven consolidates your mental projection into a one pointed positivity towards yourself and your daily tasks."

Bhajan, Total Balance Kriya, July 12, 1975

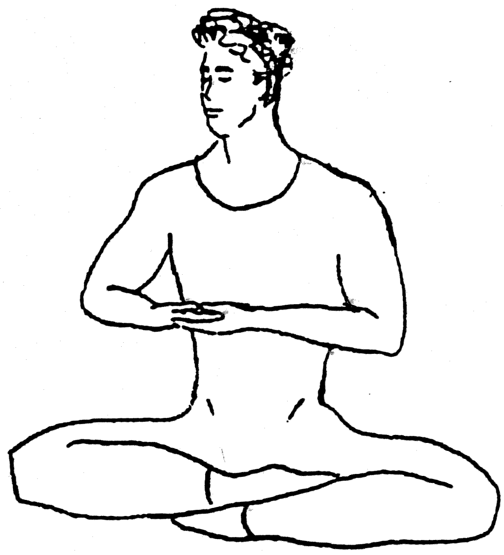
"Emotions are like guests. They should be treated very nicely and gently and sent away if they don't fit in. Talk to them with logic and reason and tell them very nicely, Buzz off. Because any emotion, any commotion, any situation is between you, me and them. So it has to be figured out. What figures it out is called intuition. And intuition only works if you have a meditation and your mind works clearly. It is the clarity of the mind which must keep your structure alive". - *Yogi Bhajan*

Bhajan, The Ultimate Woman
Women in Training XIII 1989, p. 167

Inner Balance Meditation

ASANA
(POSITION OF THE BODY)

Easy Pose. Sit with a straight spine.



MUDRA
(HANDS AND ARMS)

Hands

Rest the right hand in the left hand with both palms facing up. The fingers of the right hand point toward the left. The fingers of the left hand point toward the right. Reverse the position if you are a woman. Press the tips of the thumbs (near the nails) together and draw them into the hands until they are directly above and on line with the edge of the index fingers. Hold the hand position at the center of the chest where the rib cage joins.

Arms

Rest the arms down by the sides of the body. Bend the elbows, and raise the forearms up and in toward the chest until the hands meet directly in front of the center of the chest where the rib cage begins.

PRANAYAM
(BREATH)

No breath pattern. As you get into the meditation you will forget you are even breathing.

EYES

The eyes are slightly open (1/10 open, 9/10 closed).

MANTRA
(CHANT)

(There is no mantra for this meditation.)

LOCKS
(OTHER CONDITIONS)

The pressure on the fingers is the key to this meditation. Be sure it is maintained correctly and strongly.

TIME

Start practicing this meditation for three minutes at a time, then work up to five, and finally 11 minutes. Eleven minutes is the maximum recommended time.

COMMENTS

This meditation is designed to establish your inner-balance. It addresses the duality of the spiritual, mental and physical imbalances that occur in time and space. This meditation affects the two brain hemispheres and as a result brings them, and you, into balance. Breathing through the mouth stimulates meridian points on a ring around the throat which affects the parasympathetic nervous system. Breathing in affects the pituitary gland, which is associated with the third eye, the 6th chakra and intuition.

NOTES

1) Sixth Sense: Laurie Nadel Ph.D, Judy Haims, Robert Stempson

2) Yoga Sets : (1 & 3) The Inner Workout Manual, (2 & 4) Mark Lamm's personal notes, (5) The Yoga Manual.

3) Meditations: All meditations from Kundalini Yoga Vol. 2.

CHAPTER

4

The Nose and Intuition

The Nose Knows. What has been known as yogic technological fact for millennium has recently been validated as "true" by Western science. In the West it is known as Ultradian Rest Response. The name is new but the phenomena has been handled by cultural customs, religious traditions and rituals for centuries.

Ultradian Rest Response happen during those periods of the day when you lose concentration, get tired and seem to zone out. These are also the times of the day when religions with a long history including the traditional, orthodox and monastic sects of Catholics, Orthodox Jews, Hindus, Muslims, and Buddhists, to mention a few, are required to stop their work and take time to pray. In England, it occurs as tea time and meal time when the more ordered and traditional society breaks form their work and rests with food or tea or both. In the modern industrialized state it is also the time the legally required break and lunch is scheduled. Scheduling these breaks also resulted in greater productivity and fewer accidents!.

Yogis discovered the timing involved in nostril dominance. When the nostril changes from left to right, or right to left, that is the time of day you will find yourself loosing concentration. This occurs when you feel slightly fatigued, or you experience drowsiness. Knowledge is power, and becoming aware of your nostril breathing cycles and dominance is a natural window to your cerebral hemispheric activity. According to yogic technology, changes in nostril dominance occur about once every 90 minutes. This also happens to be the time when physiological changes occur, and coincidentally, you are the most intuitive[1].

At this time the four main regulatory systems that link the mind and the body realign. These systems are:

1) The autonomic nervous system that regulates most of your body's important functions.

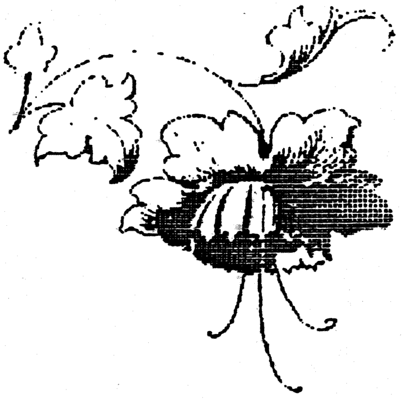
2) The endocrine system that regulates production of your pituitary (6th chakra), thalamus, hypothalamus, and thyroid hormones.

3) The immune system, that protects your body from infection and disease.

4) The system of information substance chemicals which are the neuropepiteds located in your brain)[1].

When you experience loss of attention, your system is telling you that these changes are taking place. There is a shift in cerebral lateralization, and the right hemisphere of your Neo-Cortex becomes dominant during the Ultradian Rest Response. This is the time that the parasympathetic nervous system becomes activated and produces those changes in moods and feelings. This is also the time your body goes into an intuitive state. At this time, you are more receptive to impressions from your unconscious. If you ignore these signals you may experience depression, or that itchy, irritable feeling. A much better response is to recognize the message of the Ultradian Rest Period onset, and take a break for relaxing, meditating and investing in some intuitive work. From a yogic point of view this is the best time to meditate. It is easier to visualize at this time and to connect with your inner spiritual universe.

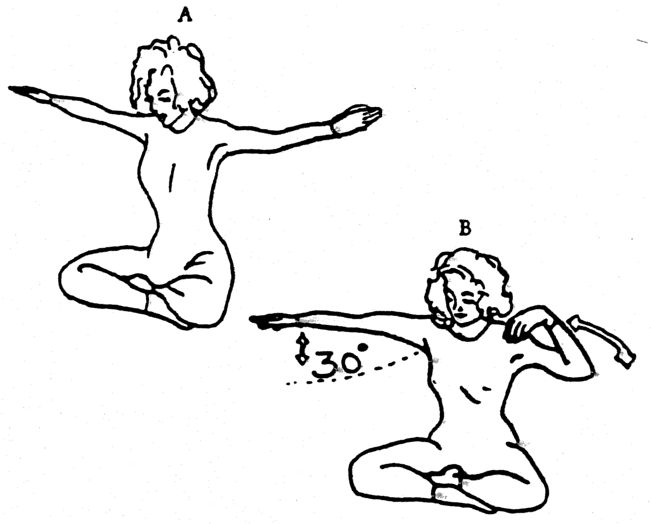
"By nature woman is intuitive. This faculty of intuition comes to a woman because of the instinct of a mother in her. Normally woman can mentally prejudge the result of a conversation even though she may not be present. This computerizing result system is a special faculty which exists in the brain of the woman not the man. Possibly due to the different secretions of the glandular system." - *Yogi Bhajan*



Bhajan, The Technology of Graceful Womanhood
Women in Training, Summer 1976, p. 71

Communication Between the Hemispheres

ONE



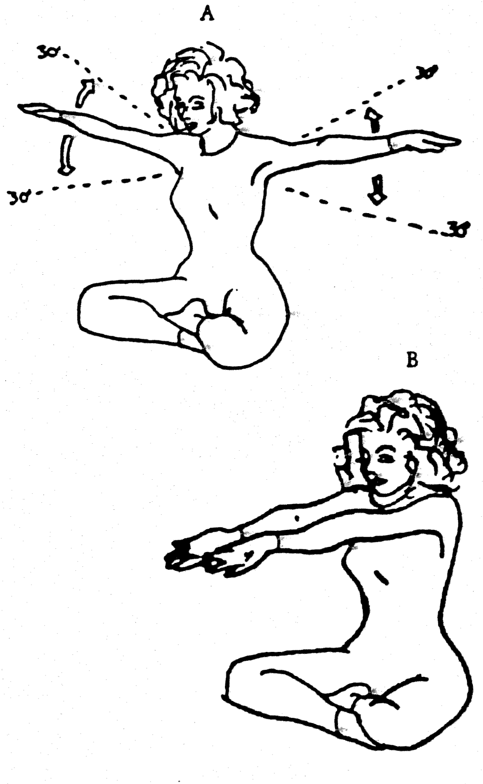
Easy Pose. Extend the arms out to the sides parallel to the ground with the right palm facing down and the left palm facing up. Begin a pumping motion with the right arm. Lower it to a 30 degree angle and raising it to the original position as fast as possible.(A)

For every three pumps of the right arm, touch the left shoulder with the left hand once, then return it to the original parallel position.(B)

Continue the entire sequence with the Breath of Fire for 7 minutes.

This exercise works on synchronizing the left and right hemispheres of the brain. As a result, you may experience irritation, anger or depression during the exercise. Keep it up. Practiced regularly, it helps to create a rhythm in your personality. The left hemisphere is the elementary brain which releases memory of movement patterns. If the Left-Brain is not working properly the Right-Brain will not function either. The Right-Brain controls projection and has an independent identity from the Left-Brain.

TWO



Easy Pose. Extend the arms out to the sides parallel to the floor with the palms facing down. Begin pumping the arms up and down as though you were trying to fly. Raise and lower the arms 30-degrees in each direction.(A)

Pump the arms up and down 7 times (up and down is one count), and on the eighth count, extend the arms straight out in front of the body with the palms facing away from each other 4-6 inches apart.(B)

Continue moving at a consistent pace while chanting:

Har Har Har Hari, Har Har Har Hari.

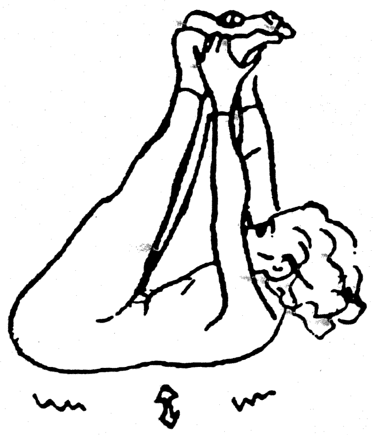
Combine the arms with the sound of the mantra and concentrate on touching the upper palate with the tip of the tongue on the "r" sound of the mantra. Keep the eyes closed, and continue for 5 minutes.

Practice of this exercise gives one the insight into the power of linking movement and mantra. The exercise causes the central neural cavity in the brain (under the pineal gland) to engrave its own radiating vibrations. When this occurs, the mind automatically becomes meditative and prayerful.

THREE

Lie down on the back. Raise the legs straight up, grasp the middle of the feet, and hold them tightly. Begin jumping the entire body up and down like a Mexican jumping bean. Move the shoulders as well. Jump once per second. Continue for 5 minutes.

This exercise adjusts the ribcage and strengthens the nervous system to help avoid any serious disease.

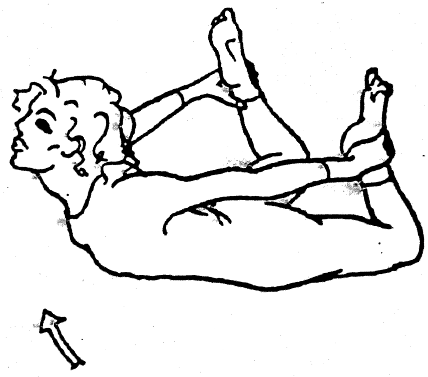


FOUR

Bow Pose. Lie on the stomach and arch up. Arch the spine completely. Keep the head up, and begin rocking back and forth from the knees to the upper chest. Chant the mantra :

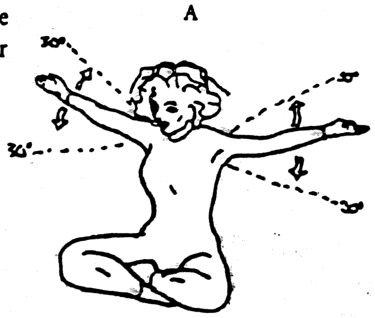
Humee Hum, Toomee Toom, Wahe Guru.
I am Thine in Mine Myself, Wahe Guru.

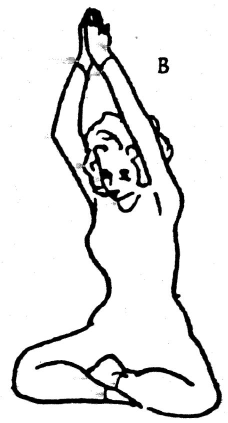
Continue for 5 minutes.



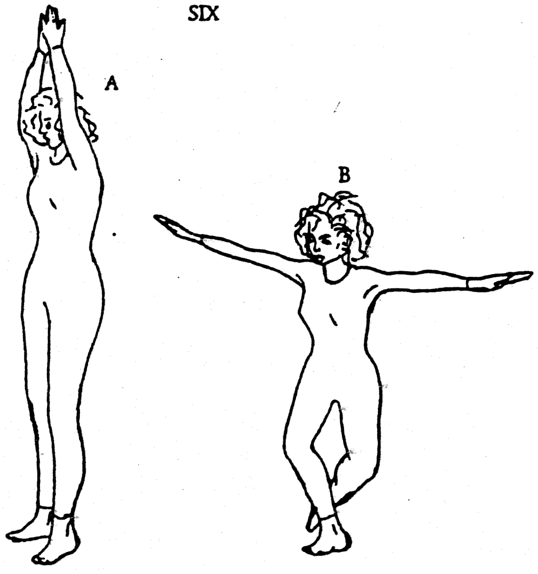
FIVE

Easy Pose. Extend the arms out to the sides parallel to the floor with the palms facing up. Begin moving the arms up to a 30-degree angle and down to a 30 degree angle for seven counts. On the eighth count clap the hands overhead. Keep the eyes closed and concentrate on the spine and the navel point. Consciously circulate the spinal fluid from the base of the spine to the top of the head and back down in a circular pattern. Continue for 6 minutes.





SIX

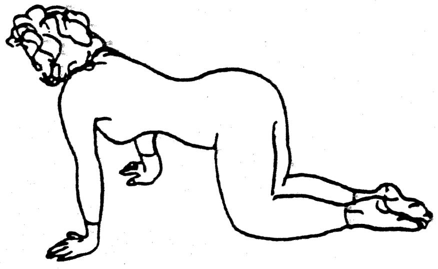


Easy Pose. Move the arms as in Exercise 5. Only on the seventh beat stand up and on the eighth beat clap the hands over the head,(A) and then sit back down in Easy Pose(B).

Continue for 9 minutes.

This exercise, while energizing, is not meant to fatigue the body. Done correctly with a powerful pumping of the arms, it pressurizes the parasympathetic and sympathetic nervous systems and affects the electromagnetic field. This charges the spinal fluid and grey matter of the brain and allows the nervous system to spring into action helping to prevent senility and old age.

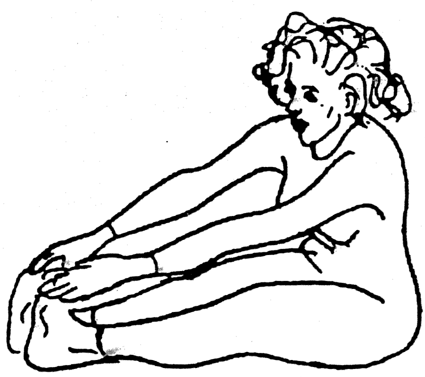
SEVEN



Cow Pose. Rest on the hands and knees. Arch the spine down toward the floor and raise the head as if looking toward the ceiling. The eyes are closed. Breathe long and deep holding this posture for 9 minutes.

The health and flexibility of the lower spine are instrumental in maintaining a regular, trouble free menstrual cycle. This exercise works to loosen the vertebrae in the lower spine and thus helps prevent cramping and other menstrual irregularities.

EIGHT



Sit down with the legs extended straight out in front. Grasp the toes, tuck the chin in and stretch the spine straight. Begin chanting:

Har Har Har Gobinde
Har Har Har Mukande
Har Har Har Udaare
Har Har Har Apaare
Har Har Har Hariang
Har Har Har Kariang
Har Har Har Nirnaame
Har Har Har Akaame

Each time the word **Har** is spoken, pump the navel point. Continue for 4 minutes.

COMMENTS

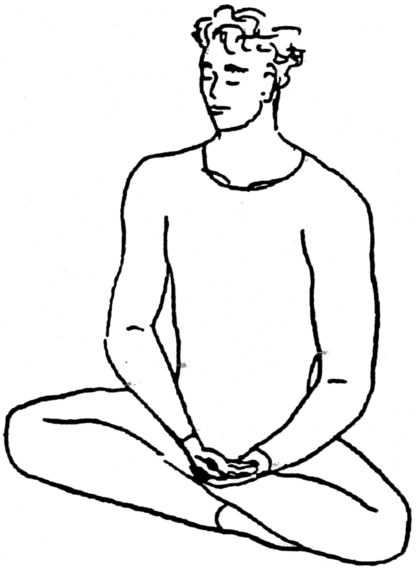
This set is called Communication Between the Hemispheres. The brain is the key to effective communication and the experience of happiness as it is involved in all actions and decisions. Few techniques have the power to revitalize the brain as a whole. This dynamic Kriya is an example of how movement, breath and sound can balance the brain, open communication among its five sections and two hemispheres, and stimulate its self-healing ability. This is accomplished through both chemical and electrical adjustment. The experienced effect is both mental and physical relaxation.

Balancing the hemispheres enables you to convert ideas into action and to function as an integrated whole. The use of mantra with the postures stimulates the central neural cavity in the brain to allow you to hear the inner voice of your soul.

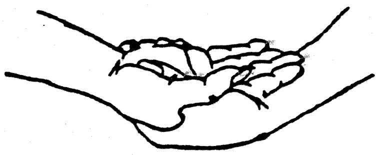
Nose Vision Meditation

ASANA
(POSITION OF THE BODY)

Easy Pose. Sit with a straight spine.



MUDRA
(HANDS & ARMS)



Hands:

The right palm crosses the left palm. The left thumb fits into the right palm with the right thumb crossing it. The hands are placed in the lap, palms up, with the fingers pointing toward the body.

Arms:

Arms are such that the mudra can relax comfortably into the lap.

PRANAYAM
(BREATH)

The breath will adjust itself to the silent mantra.

EYES

The eyes are slightly open (1/10 open, 9/10 closed).

MANTRA (CHANT)

Sa-Ta-Na-Ma
(Silently chant through the hole where the two noses meet .)

MENTAL FOCUS

The mental focus is through the mental mind at the third eye point.

MENTAL IMAGES

"Make a reversal nose..." Imagine that your nose is growing up your forehead so that you see yourself with two noses, one growing upside down. Imagine the mantra coming through the hole where the two noses meet.

PRACTICE CONDITIONS

Don't worry about what is "seen" or thought about during the meditation.

TIME

A couple minutes of this meditation can make you very peaceful. Practice for approximately 3 minutes.

COMMENTS

It is natural to get visions because the mind is a part of the Universal Mind. Intuition is developed through meditation.

NOTES

1) Sixth Sense: Laurie Nadel Ph.D., Judy Haims, Robert Stempson.

2) Yoga sets: The Inner Workout Manual.

3) Yoga Meditations: Kundalini Yoga Vol 2 Meditations.

CHAPTER
5

Meditation and Intuition

The Spillover State

When either or both nervous systems, ergotropic or trophotropic, receives maximum stimulation, neuroscientists have found there is a spillover. This spillover spreads to the other nervous system so that both are stimulated at the same time. This spillover affects your brain in such a way that both the intuitive and the reasoning functions are at their peak. It is in this spillover state that you may find the solution to a seemingly logical paradox. Problems that had seemed insoluble may suddenly appear to solve themselves.

The intensive state of consciousness necessary to cause this spillover state may be induced through meditation or religious ritual such as chanting or trance dancing. In Kundalini Yoga (as taught by Yogi Bhajan), White Tantric Yoga, Kundalini Yoga and meditations consistently can produce this state.

SPILLOVER STATE

The following is a chart that briefly depicts the components involved in the spillover.

Ergotropic Nervous System[1]	Trophotropic Nervous System[1]
1) Religious ritual.	1) Meditation.
2) Energy expanding system component - description consists of sympathetic nervous system, some complementary brain-stem functions, your fight or flight response, and other highly charged states of arousal.	2) Energy conserving system - consists primarily of your parasympathetic nervous system and other mechanisms that keep your body functioning.
3) The Left-Brain.	3) The Right-Brain.
4) Causal cognitive operator - lets you see reality as causal sequences of abstract elements.	4) Holistic cognitive operator - lets you see reality as a whole and is located at the crown of the head in the parietal lobe of the right hemisphere.
5) Abstractive cognitive operator - lets you form general concepts from empirical information.	5) Value cognitive operator - uses the interconnections between the Right-Brain and Limbic system, calling on visual and affective awareness.
6) Binary cognitive operator - find meaning by creating polarities or dyads.	
7)Formal quantitative operator - abstract concepts of quantity and generates mathematics.	

Kundalini yoga and meditations are specifically designed to help you achieve all the benefits that your intuition holds in store for you. Kundalini Yoga has often been described as the yoga that focuses on the nervous and glandular systems.

Meditation is the most effective tool for the expansion of intuition. All forms of meditation focus the mind and direct attention away from rational analytical thinking. Meditation supports the advancement of intuition.

Kundalini Yoga and meditations cover the steps that are necessary to achieve the place where intuition will happen and does so with greater predictability and reliability.

These are the steps that are necessary to create the best possible platform for intuition to occur: are:

Physical Relaxation. The Kundalini Yogi sets in this book are designed to teach you relaxation responses. You learn through experience the parallel between the body relaxing and the mind relaxing. After both the body and mind are relaxed, easily induced by the sets and meditations each student will experience for themselves the "quite mind."

Focus Attention. Kundalini Yoga teaches you to focus attention and to concentrate on an aspect of reality that you choose for a time that is recommended in the set and than in the meditation. To continue to do each of the exercises in a set for a specific amount of time teaches you first hand about how the mind and the nervous system works. By going through the experience you are confronted by your own response to the discipline. Over time you can develop the ability to be receptive and non-judgmental about the routines. By keeping the body in a particular position for a period of time the student quickly finds out how the mind will throw out negative and positive input regarding the experience, but as the yoga student continues and goes through the exercise, she learns to stay neutral and non-judgmental. This is exactly the type of consciousness that intuition requires to function well.

Neutral Centered Response. Kundalini Yoga expedites the process of learning to look within to find the inner, spiritual world of truth. To achieve this it is usually necessary to spend time clearing away any obstacles to clear awareness. The practice of Kundalini yoga and meditation prepares the mind for the experience of spiritual intuition by clearing away these obstacles. After a period of discipline the mind no longer reacts either positively nor negatively, it enters into a neutral non judgemental state.

As you continue to meditate use the following check list to keep you focused on your intuition journey.[1,2,4]

INTUITION FOCUS

Intention

The first requirement for consciously awakening intuition is a clear intention to do so. Intuition is already within you, but to awaken it, you have to value it and intend to develop it.

Time

Your willingness to devote time to tuning in to your intuition, making a space for its unfolding in your life is part of valuing and developing it.

Relaxation

Letting go of physical and emotional tension gives intuition the space to enter your conscious awareness. Kundalini Yoga and Meditations (as taught by Yogi Bhajan) are great ways to achieve reliable relaxation.

Silence

Intuition flourishes in silence. Learning to quiet the mind is therefore part of the training for awakening intuition. Various meditative practices, including Kundalini Yoga and Meditations (as taught by Yogi Bhajan), are useful in learning to maintain the necessary inner silence.

Honesty

Willingness to face self-deception and to be honest with yourself and others is essential. Creating any kind of smoke screen interferes with clear vision. Giving up pretenses is a big step in awakening intuition.

Receptivity

Learning to be quiet and receptive allows intuition to unfold. Too much activity or conscious programming gets in the way of intuitive awareness that emerges when a receptive attitude is cultivated.

Sensitivity

Finely tuned sensitivity to both inner and outer processes provides more information and expands intuitive knowing. Sensitivity to energy awareness and the quality of experience is particularly useful.

Nonverbal Play

Drawing, music, movement, clay and other forms of nonverbal expression done in a spirit of play, rather than for the purpose of goal-oriented achievement, provide excellent channels for activating intuitive, right hemisphere functions.

Trust

Trusting the process, trusting yourself and trusting your experience, are the keys to trusting and developing your intuition.

Openness

If you are afraid of being seen, you may close up and then be unable to see. Being open to all experiences, both inner and outer, gives intuition the space it needs to develop fully.

Courage

Fear gets in the way of direct experience and often generates deception. Your willingness to experience and confront your fears will facilitate the expansion of intuition.

Acceptance

A non-judgmental attitude and acceptance of things as they are, including self acceptance, allows intuition to function freely.

Love

Opening your heart to feelings of non judgmental love and compassion allows you to see into the nature of things. Emotional empathy and intuitive identification are facilitated by love and compassion.

Non Attachment

The willingness to let things be as they are, rather than trying to make them be the way you would like them to be, or the way you think they should be, allows intuition to emerge. You can see things as they are only when desires and fears are out of the way.

Daily practice

Intuitive awareness grows with daily attention. If you discount or neglect it most of the time and only want it to perform occasionally, it may not respond.

Journal Keeping

Keeping a record of intuitive flashes, hunches, insights and images that come to mind spontaneously at any time of the day or night can help stabilize and validate them. It also shows progress as it is being made.

Support Group

Finding one, two or more friends with whom you can share your interest in the development of intuition, as well as your successes, failures hopes and fears, can facilitate and accelerate the process of development. Sharing experiences with someone who is willing to listen without judgment always helps.

Enjoyment

Following intuition does not always feel good. At times it may seem difficult and entail only arduous work. At others times it may be effortless. Enjoying the creative resources of intuition is based on the intrinsic satisfaction of expanding consciousness, taking responsibility for your life, and surrendering to your own true nature.

Define Intuition

Take responsiblity for defining intution. Break it down into types of intuitive experience. Recall any intuitive experience that you have had, and use it as a point of reference for the future

Identify

Give it a form. Shape ,color, sound or feeling . Visualize your mind as a room and find your intuition. Or you can use the Yogic Paradigm. (See the book Energy Maps Journey Through the Chakras, Chapter 6.)

Value it

Respect your intuitive intelligence as another mental ability.

Acknowledge it

Acknowledge your intuition. Meditate by spending quiet time with yourself. Learn to hear your intuitive voice. Establish a dialogue by asking your intuition if it is willing to communicate with you.

Nurture it

Nurture it. Deep breathing, yoga, and relaxation exercises are especially valuable. Learn how to de-focus your attention from tense, stressful situations so that you can be more receptive to input from your intuition.

NOTES

1) Sixth Sense: Laurie Nadel, Ph.D Judy Haims, Robert Stempson.

2) Creative Visualization: Shakti Gawain.

3) Living in the Light: A Guide to Personal and Planetary Transformation: Shakti Gawain, with Laurel King.

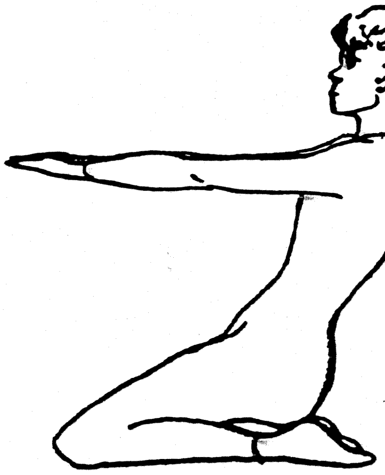
4) Awakening Intuition : Frances E. Vaughan.

5) Yoga Sets: Mark Lamm's Notes.

6) Kundalini Yoga Meditations Vol. 2.

Perception Set

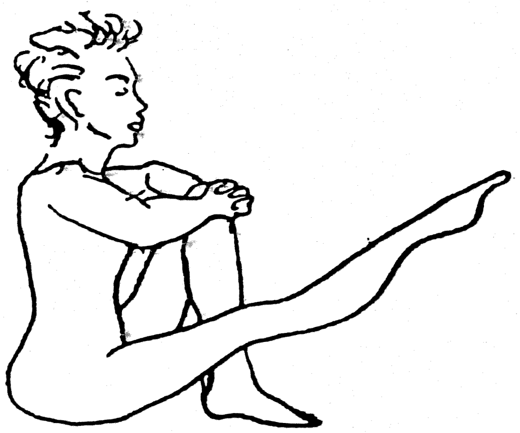
ONE



Rock Pose: Sit on the heels with the arms extended in front of the chest, parallel to the ground. Lean back 30 degrees from the vertical position and fix the eyes without blinking on one point on the horizon.

Breath normally for a minimum of 3 minutes without moving the body at all. Then inhale deeply, exhale and relax. This exercise can be slowly increased in time from up to 31 minutes.

TWO



Sit straight with the legs stretched out in front of the body. Bring the left foot as close as possible to the body, bending the knee up and into the chest, left foot remains flat on the ground. Wrap both arms around left knee holding it with Venus Lock (interlaced fingers).

Next, lift the straight right let up at a 60 degree angle.

Now fix the eyes on a distant point on the horizon. Hold this position for 2 minutes. Breath long and deep and keep the back as straight as possible.

Next, inhale, hold and relax.

Switch legs, and repeat the entire exercise.

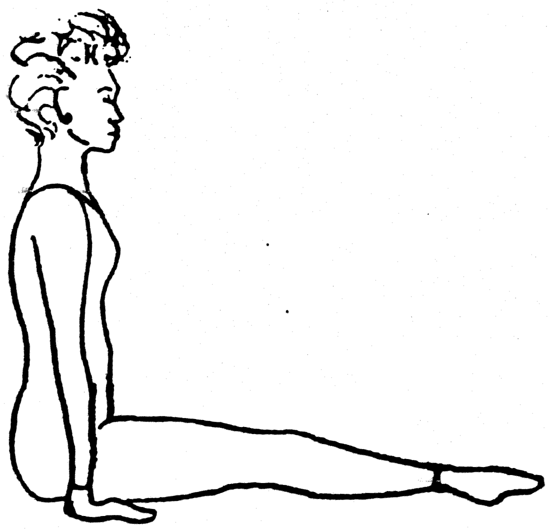
Do each leg two times.

Relax for at least one minute.

THREE

Sit up straight with both legs stretched out straight in front of the body, parallel to each other. The hands are placed on the ground by the hips, fingers pointing toward the toes.

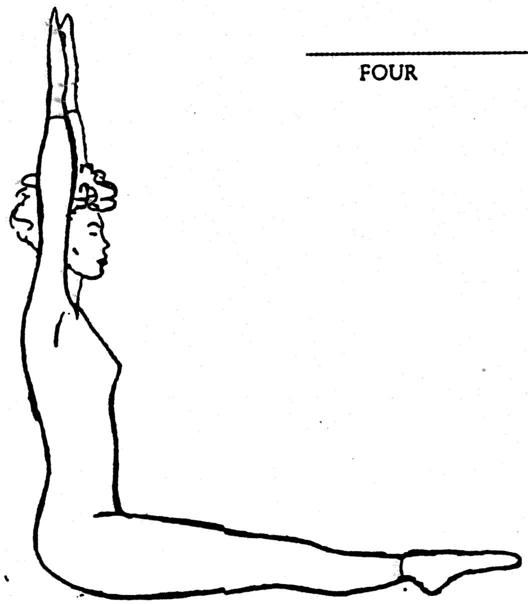
Now press the toes forward and lift the body off the ground. The weight is not on the palms and the heels. Hold this position, with normal breathing, for 3 minutes.



FOUR

Sitting up with a straight spine. Legs are positioned straight out in front of the body.'

Stretch the arms and hands up, palms together over the head, stretching up as high as possible, so that the arms are hugging the ears. Hold this position for 1 & 1/2 minutes, and then completely relax on the back for about 3 minutes.



COMMENTS

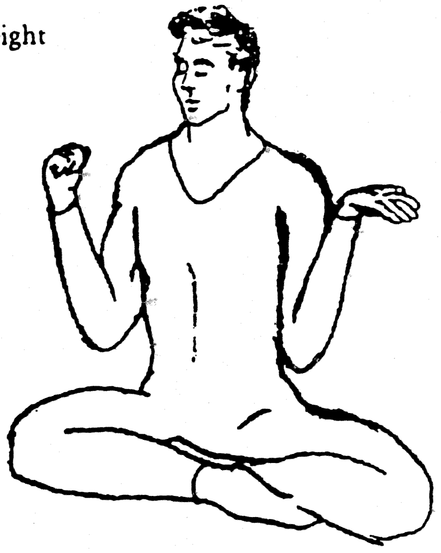
For vision and the eyes to be at their best, the personality, nerves and motives must also be at their best. This set is for eyesight and foresight. It helps prevent both physical and mental myopia. The body and mind are one integrated system. Mental habits, attitudes, and tensions effect the way we see, and contribute to the diseases and problems of vision. This set builds nerve strength and patience. It also works on the liver and kidney which are involved in myopia. This develops the ability to see the infinite in everything, the vision of the saints.

KUNDALINI MEDITATIONS

Pituitary Gland Meditation

ASANA
(POSITION OF THE BODY)

Easy Pose. Sit with a straight spine.



MUDRA
(HANDS AND ARMS)

Relax the arms down with the elbows bent. Raise the right hand up near the right side of the body until the hand is at shoulder level and the forearm is parallel to the line of the upper torso. Draw the right hand into a solid fist. Raise the left arm up on the left side of the body until the left hand is at shoulder level and the forearm is parallel to the line of the upper torso. Face the palm of the left hand toward the ceiling. Extend and put the fingers together and face them away from the body to the left.

PRANAYAM
(BREATH)

Deeply inhale in a long slow complete breath. Completely exhale with the same type of long deliberate, controlled breath. Hold the breath out for as long as possible.

EYES

The eyes are slightly open (1/10 open, 9/10 closed). Look at the tip of the nose.

MANTRA (CHANT)

(There is no mantra for this meditation.)

TIME

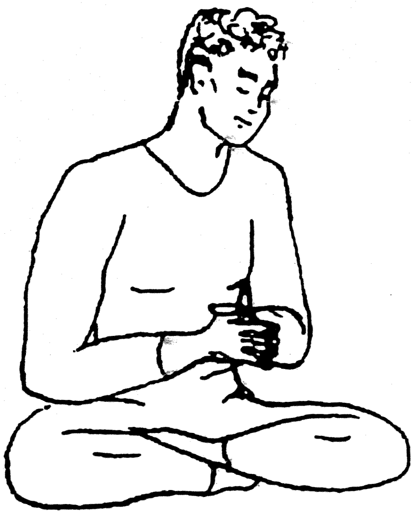
Begin with 11 minutes and slowly build to a maximum time of 30 minutes.

COMMENTS

"When we meditate a relationship is established with the pituitary gland. This affects our state of consciousness. It is suggested that you simply give yourself the time to experience this meditation. It affects the pituitary system and the impulsation of that gland, including the metaphysical clockwise and counterclockwise spin." - *Yogi Bhajan*

ASANA
(POSITION OF THE BODY)

Easy Pose. Sit with a straight spine.



MUDRA
(ARMS AND HANDS)

Relax the arms down with the elbows bent and the forearms drawn up and in toward the chest until the hands meet in front of the chest at the level of the heart. Press the palms together in Prayer mudra with the right thumb crossed over the left thumb. Slant the hand position away from the body at an angle of 45 degrees. Apply and maintain 15 pounds of pressure per square inch on the hand position and keep the mudra tightly pressed together.

PRANAYAM
(BREATH)

Deeply inhale and completely exhale as the mantra is chanted.

EYES

The eyes are slightly open (1/10 open, 9/10 closed).

MANTRA (CHANT)

Chant the following mantra in a monotone as the breath is completely exhaled:

AD SACH JUGAD SACH HEBHI SACH
NANAK HOSI BHI SACH

Three repetitions per breath of this mantra are considered the norm. Four repetitions per breath is better and five is the maximum. If you choose to extend beyond three repetitions, be sure your breath can support the added repetition.

TIME

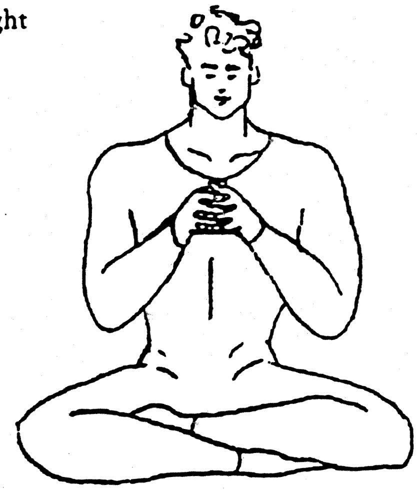
This meditation should be practiced for no more than 30 minutes until you have an expanded and well-developed lung capacity. Then you may extend the time.

COMMENTS

This is a highly energetic meditation. It cuts through everything that holds a person back on the spiritual path.

ASANA
(POSITION OF THE BODY)

Easy Pose: Sit with a straight spine.



MUDRA
(ARMS AND HANDS)

Relax the arms down with the elbows bent up. Interlock the fingers of both hands with the palms facing up. Close the hands over the interlaced fingers. Press the right side of the left thumb against the left side of the right thumb and rest the joined thumbs on the index finger that is immediately beneath them. Now raise the forearms up until the hands are in front of the chest at the level of the heart.

PRANAYAM
(BREATH)

Deeply inhale and completely exhale as the mantra is chanted.

EYES

The eyes are slightly open (1/10 open, 9/10 closed).

MANTRA
(CHANT)

Chant the following mantra in a monotone voice as the breath is completely exhaled;

Guroo Guroo Waaheh Guroo,Guroo Raam Daas Guroo
Guroo Guroo Waaheh Guroo,Guroo Raam Daas Guroo
Guroo Guroo Waaheh Guroo,Guroo Raam Daas Guroo
Guroo Guroo Waaheh Guroo,Guroo Raam Daas Guroo
Guroo Guroo Waaheh Guroo,Guroo Raam Daas Guroo

This repetition takes about 15 seconds.

TIME

Meditate for 31 minutes.

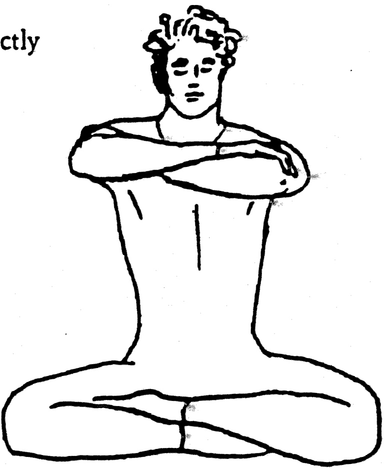
COMMENTS

"If your pituitary gland is not subjecting itself to command the rest of the glandular system your fingers will hurt as the energy is neutralized during the course of the meditation". - *Yogi Bhajan*

Tonic For Brain Centers Meditation

ASANA
(POSITION OF BODY)

Easy Pose. Sit with a perfectly straight spine.



MUDRA
(ARMS AND HANDS)

Hands

Grasp the opposite arms above the elbows with the hands. The thumbs are with the fingers rather than hooked around the arms.

Arms

Extend the arms straight out in front of the body, parallel to the ground. Bend the elbows 90- degrees and cross the right arm over the left arm.

PRANAYAM
(BREATH)

Deeply inhale and completely exhale as the mantra is chanted. Be sure that there is no breath left in the lungs after the mantra has been chanted.

EYES

The eyes are slightly open (1/10 open, 9/10 closed).

MANTRA (CHANT)

Chant the following mantra in a monotone voice as the breath is exhaled:

EK ONG KAR SAT HARI

There are seven beats to the mantra. "Kar" gets three beats. All other words get one. Each repetition takes 6-8 seconds. Be sure that all the breath has been exhaled from the lungs by the time the mantra has been completed.

PRACTICE CONDITIONS

Keep the arm position locked in place and perfectly straight at all times. Focus on the breath and on the mantra. Be sure to exhale all the breath as the mantra is chanted. Keep the spine perfectly straight at all times. Do not bend forward or back. If done correctly there should be absolutely no pressure on the lower back.

TIME

There are no restrictions on time. Start out at 31 minutes.

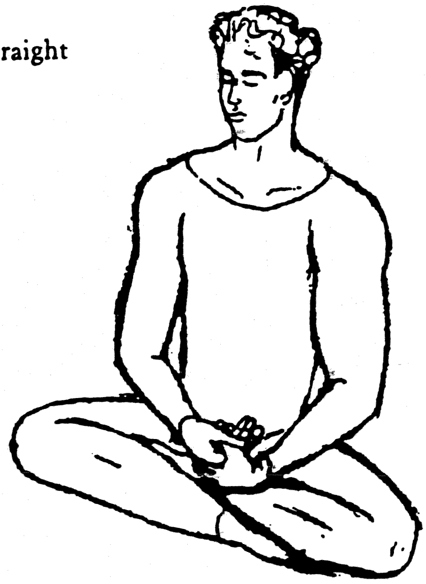
COMMENTS

This mantra works very strongly on the thyroid and parathyroid glands. It relates to all your brain centers. It is a tonic for individual growth and energy, and very powerful for the spine.

Meridian Stimulation Meditation

ASANA
(POSITION OF THE BODY)

Easy Pose. Sit with a straight spine.



MUDRA
(HANDS AND ARMS)

Relax the arms down with the right hand on top of the left hand in the lap. Grasp the left thumb with the right hand and wrap the right fingers around the back of the left fingers. This is a very relaxed position with little if any tension in the hands.

PRANAYAM
(BREATH)

Deeply inhale and completely exhale as the mantra is chanted.

EYES

The eyes are slightly open (1/10 open, 9/10 closed).

MANTRA (CHANT)

Chant the following mantra as the breath is completely exhaled

HARI NAM TAT SAT TAT SAT HARI
HARI NAM TAT SAT TAT SAT HARI
HARI NAM TAT SAT TAT SAT HARI

TIME

Practice the meditation for 31 minutes.

COMMENTS

It is very rare that this mantra is taught. It is a very secret mantra usually only given by a great Brahmin to his great student. The mantra is chanted at the time that a body is being cremated. The meditation stimulates the meridians, relaxes the meditator, takes him to a higher consciousness, and develops a happy personality within him. A person can develop the ability to command his lower consciousness to his higher consciousness.

If you wish, upon completion of the above mantra, begin chanting:

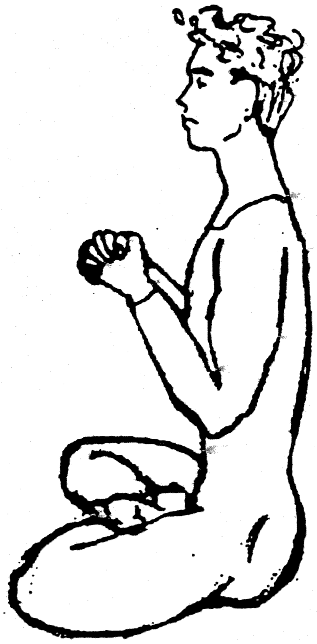
SAT NAM, SAT NAM, SAT NAM, SAT NAM, SAT NAM, SAT NAM, WAHE GURU

In a monotone voice at a fairly rapid and constant pace. These two mantras make a great combination.

Eliminate Personality Conflict Meditation

ASANA
(POSITION OF BODY)

Easy Pose. Sit with a straight spine.



MUDRA
(HANDS AND ARMS)

Relax the arms down with the elbows bent Raise the forearms up and in toward each other until the hands meet in front of the heart center. Interlace all the fingers and the thumbs on the outside of the hands and lock them tightly together.

PRANAYAM
(BREATH)

Breath as is necessary and maintain a continuous unbroken rhythm.

EYES

The eyes are slightly open (1/10 open, 9/10 closed).

MANTRA (CHANT)

Chant the following mantra five to eight times per breath:

SAT NAARAAYAN WAAHE GUROO,
HAREE NAARAAYAN SAT NAAM

PRACTICE CONDITIONS

Focus on the control of the breath and the chanted mantra. Anybody who wants to practice this meditation should stay in touch with the Siri Singh Sahib personally in order to have guidance as personality conflicts are eliminated. (Contact 3HO Headquarters in Los Angeles, listed at the back of this book).

TIME

Practice for 11 minutes or more.

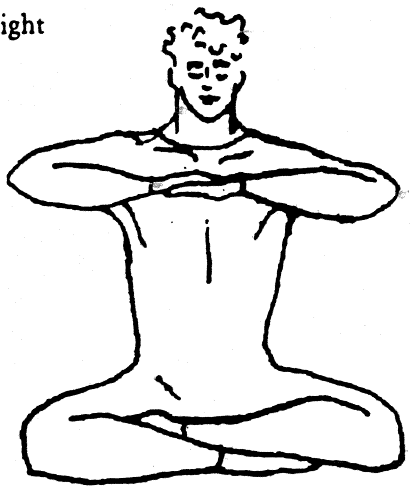
COMMENTS

After 11 minutes of the five repetition cycle, the meditator will begin to see and think things that one has no control over. Things will come that one may not want to encounter as in an LSD trip. If the cycle is built up to eight repetitions one will lose track of ones identity and will feel the one is not what one is. One will begin to feel ones many personalities in relation to ones ego. One will also begin to realize ones higher self. Then all the conflicting natures will start to eliminate themselves. This can become a very heavy experience, so be prepared.

Experience The Feeling Meditation

ASANA
(POSITION OF THE BODY)

Easy Pose. Sit with a straight spine.



ASANA
(HANDS AND ARMS)

Hands

The right hand is on top of the left hand with the right thumb over the left, held a little above the heart center.

Arms

Bring the arms in so that the mundra is a little above the heart center, a few inches out from the chest.

PRANAYAM
(BREATH)

Full breathing at normal rate. The body will make automatic adjustment to the meditation.

EYES

The eyes are slightly open (1/10 open, 9/10 closed).

Mantra (chant)

(There is no mantra for this meditation.)

Practice Conditions

"Qualify yourself in a meditative mood. Keep the neck and spine very straight. Be a yogi – don't be an ordinary person.

Experience the spirit – that is the way to enter the realms of experiencing the experiencer, the being, the inner self.

If the mudra is held too high above the heart center, it can be taxing on the lungs. The posture must be comfortable and facilitate a full breath." - *Yogi Bhajan*

Time

No specific time is given for this meditation. You may start out with 11 minutes and build up to 31 minutes.

Comments

"This is where you start feeling from where the feeling comes. When you cannot deliver experience, you cannot live by a philosophy - Philosophy must deliver experience for your personal growth.

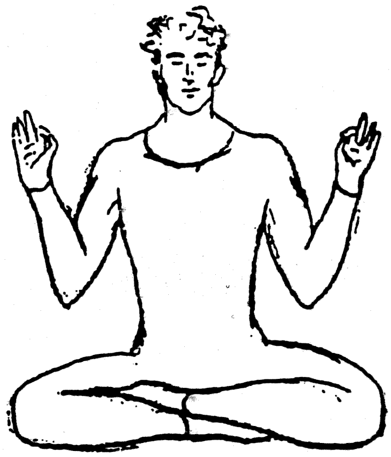
This kriya can give you the experience of the very existence of fiber – the very center.

Take new values; leave behind a legend to be followed by those who follow you." - *Yogi Bhajan*

Changing Our Caliber Meditation

Asana
(position of the body)

Easy Pose. Sit with a straight spine.



Mudra
(hands and arms)

Hands

Hold the hands at the sides of the body at the level of the shoulders in Guyan Mudra. (Guyan Mudra, first finger and thumb held together tip to tip).

Arms

Relax the arms down with the elbows bent and the forearm raised up at the sides of the body until the hands are at the level of the shoulders. (This is known as Dhyan Mudra.)

Pranayam
(breath)

Deeply inhale and completely exhale as the mantra is chanted. Be sure to chant the entire mantra in only one breath.

Eyes

The eyes are slightly open (1/10 open, 9/10 closed).

MANTRA
(CHANT)

The Chant for this meditation is:

EK ONG KAARA

Chant this three times with maximum force. This is not done to a tune. Go for full blast strength.

PRACTICE CONDITIONS

After chanting the mantra three times press, the tongue flat against the upper palate with all your strength. Press hard for 60 seconds. Under no circumstances should the mantra be done more than three times, or the tongue pressed for more than a minute.

TIME

Just three repetitions of the mantra and only one minute of pressing the tongue.

COMMENTS

"After all, what do we want to change in ourselves? We definitely want to change our own caliber. We want to make our caliber positive and high so that we can grasp the entire feeling of creativity, so that we can know. That is the extreme sense we enjoy as human beings." - *Yogi Bhajan*

MANTRA (CHANT)

Chant in a montone:

GOBINDE, MUKUNDE, UDHARE, APARE, HARIANG, KARIAN, NIRNAME, AKAME

Each sound is separate. Do not run one on top of the other. A short but complete pause is essential. Continue to chant for 5 minutes.

TIME

Part (A): Start out with 5 minutes, and build up to 11 minutes.
Part (B): Chant for 5 minutes.

COMMENTS

This is not an easy, light meditation. It affects the central part of the brain and stimulates the entire nervous system. As the nerves adjust, you may get a pressure near the eyebrows and see color changes. The meditation brings a lot of changes and is very unboring. It brings the ability to make decisions clearly and the ability to know future thought forms.

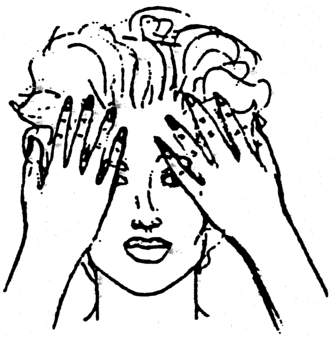
Part (B) of this meditation must always follow part (A). The chant is done so that each word is individual with a short pause between them. There are no trailing sounds. Each word is spoken. It is a very lonely and individual art.

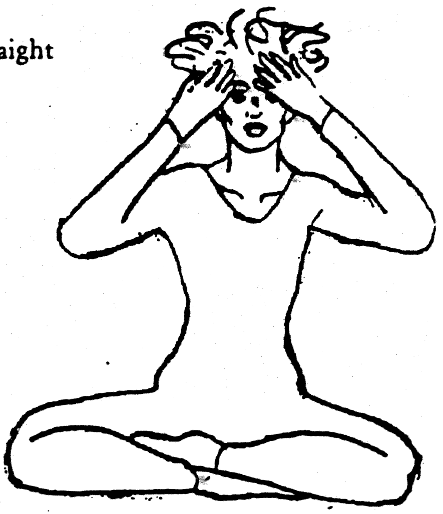
"It is like slicing cheddar cheese or cutting beet greens. The cutting is what matters. What no conscious efforts can produce in a man, 'God Greens' can work out (chanting the mantra). It is a pause and the word. Cut, Pause, Word. Word and pause are the balance of this meditation and that is the highest art." - *Yogi Bhajan*

Central Brain Meditation

Asana
(position of the body)

Easy Pose. Sit with a straight spine.





Mudra
(hands and arms)

Part A) Make the hands flat like plates, palms facing the eyes. The palms will cut through half the vision of each eye. Move the hands six inches from the face and the hands do not touch each other. The little fingers are about three inches from each other. As you look straight ahead out to the horizon, it will appear as if the two little fingers are intersecting,and at that point of intersection you will perceive a heart figure. If you shift your vision up or down, that heart symbol will disappear. A simple adjustment of the distance between the eyes and the hands may be required for that little heart drop to form in the center.

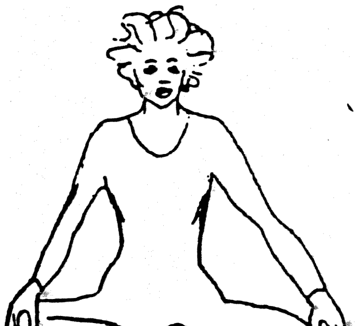
Part B) After holding the position between 5 to 11 minutes, inhale and relax the hands.

Then, still sitting in easy pose, with a straight spine, chant the mantra.

Pranayam
(breath)

Part (A): Normal breath

Part (B): Inhale deeply and exhale as you chant the mantra.



Eyes

Part (A): Eyes are open looking into the horizon.

Part (B): The eyes are slightly open (1/10 open, 9/10 closed).